

KUNDALINI SCIENCE

A SPIRITUAL PSYCHOLOGY

BOOK-4



HUMAN MIND IS LIKE A FLYING KITE

KUNDALINI YOGA SCIENCE CAN PEEP
INTO BLACK HOLES TOO

Kundalini science- A spiritual psychology

Book-4

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Book introduction

This book is fourth part (book-4) of the Kundalini science series. Its first part, second part (book-2), and third part (book-3) are also available. It is the compiled form of blog-posts. Those posts are written by Premyogi vajra, a mystic yogi. He is enlightened as well as he has his kundalini awakened. These all posts are related to kundalini. One post corresponds to one chapter. Premyogi vajra is writing about Kundalini since 4 years ago, when his kundalini awakened after one year long continued kundalini yoga meditation. He became amazed on seeing that nowhere Kundalini had been mentioned or described completely. Even Kundalini had not been defined properly. He searched and read many kundalini awakening experiences, but he found none as genuine and complete. Although he found Samadhi as mentioned in Patanjali Yoga Sutras as equivalent to Kundalini, but that was described in a mystic and ancient way that was difficult to be understood by the laymen type general public. Therefore inspired by these shortcomings, he decided to present every know-how about kundalini in very simple or childish way keeping everything at ground level, true, experiential, scientific, original, practical and intuitive. That genuine, honest and humane effort resulted into the origination of this wonderful book. That is why this book appears as a blessing for kundalini seekers. Because it is not comfortable to read so many blog posts together on glare producing screens, therefore those posts were presented in the form of a kindle e-book that is comfortable and enjoying to read. As a result, it is fully hoped that readers will find this book spiritually uplifting and comfortable to read.

Author introduction

Premayogi Vajra was born in the year 1975 in a small village in the beautiful basket valley of Himachal Pradesh, India. He is naturally fond of writing, philosophy, spirituality, yoga, public service, applied science and tourism. He has also done commendable work in the field of animal husbandry and veterinary medicine. He is also fond of polyhouse farming, organic farming, scientific and water conserving irrigation, rainwater harvesting, kitchen gardening, cow farming, vermicomposting, website development, self-publishing, music (especially flute playing) and singing. He has also written close to ten books on almost all these subjects, whose descriptions are available on Amazon Author Central, Author Page, Premyogi vajra. The description of these books is also available on his personal website demystifyingkundalini.com. He had also been a Vedic priest for a short period of time, when he performed religious rituals in people's homes with the help of his Vedic priestly grandfather. He has gained some advanced spiritual experiences (enlightenment and Kundalini awakening). His autobiography, along with his unique experiences, is particularly shared in the book "Physiology Philosophy - A Modern Kundalini Tantra (A Yogi's Love Story)" written in Hindi. The matching equivalent of this book in English is "Love story of a Yogi- what Patanjali says". This book is the most prominent and ambitious book of his life. This book contains the most important 25 years of his life's philosophy. He has worked very hard for this book. In a quality and unbiased review on Amazon.com, this book has been reviewed as a five-star, best, must-read and excellent book. Google Play Book Review also found five stars for this book, and this book was rated as good (cool).

Premyogi vajra is a mysterious person. He is like a polymorphic man, who has no fixed form of his own. His actual form depends on the size and type of the trance/Samadhi that he is continuously experiencing in his mind, no matter what he looks like from outside. He is enlightened (self realized), and his Kundalini has also awakened. He had self realization or enlightenment naturally / through love yoga, and Kundalini awakening through artificial means / Kundalini yoga. At the time of natural samadhi, he was assisted by symbolic and uni-vehicular Tantra yoga, while at the time of artificial trance/Samadhi he got the help of complete and bi-vehicular Tantra yoga along with the majority of his own efforts.

For more information, please feel free to visit the following place-

<https://demystifyingkundalini.com/>

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Kundalini Yoga as the Varaha avatar of Lord Vishnu mythological story

Friends, in the previous post I was sharing some spiritual secrets related to nose and Ida-pingala. I remembered a mythological story related to this, so thought that in this post, let's try to make its yoga-based revelation. It is said that in the olden days, the demon Hiranyaksha stole the earth and hid it deep inside the ocean. Distressed by this, all the gods took Brahma along with them to Lord Vishnu and obtained a promise of help from him. Only then a small pig came out of Brahma's nose. Actually Lord Vishnu had taken the form of that boar. As soon as he saw it, it grew up and entered the sea. There he saw the demon Hiranyaksha hiding in the depths and started fighting with him. In no time, he killed Hiranyaksha and by extending both his long and sharp edged molars one at each corner of mouth forward he picked up the earth along with the Vedas and balanced the round earth on them. Then he came over the ocean and he set the earth in place. Even then Lord Varah was not getting calm. Lord Shiva pacified him by taking an avatar.

Yoga based mystical analysis of Varaha Avatar story

By meditating on the nostrils and especially on the breath coming in and out of the nostrils, the rising energy shifts to the central line that's in the way of the Sushumna Nadi. It is said that the boar came out through the exhaled breath going out of the nasika. By paying attention to the outgoing breath, the energy descends through the front channel, and penetrates all the chakras and reaches the Muladhara. This is Varaha's going under the sea to reach Patal Lok. Even if

Muladhara is considered as an ocean instead of Patal Lok, then the lowest rung of the ocean of the world is Muladhar, because the whole world is settled in different chakras. Probably it has been called sea because the reservoir of water in the form of semen comes under Muladhar area only, where shakti is hidden as subconscious mind. Hiranyaksha means ignorance in the form of duality. Hiranya means gold, Aksha means eye. The one who has respect for gold i.e. prosperity in his eyes, and behind it who is blinded by duality, he is Hiranyaksha. Due to this, Kundalini Shakti hides in the darkness of Mooladhara, that is, it sleeps. Means the shakti of the thoughts of the mind becomes unmanifested in the form of subconscious thoughts and gets buried in the base chakra. It's the kundalini sleeping there. Along with that mental world, the Vedas also get buried in the Muladhar, because pure and sattvaguni or light-full conducts and thoughts are in the form of Vedas. After reaching Muladhar, shakti starts turning upwards passing through the back. Shakti prefers Ida and Pingala to rise, mostly try to rise through Ida Nadi, as there is less blockage in it. Sometimes the energy starts swinging alternately in Ida and Pingala for a few moments in each. In such a situation, by keeping attention on the Ajna Chakra also, the energy stays in the Sushumna too for a few moments in between. Ida and Pingala are shown metaphorically as the two sharp teeth on both sides of Varaha's mouth. The Sushumna Nadi or Ajna Chakra is the round earth balanced on top of those two teeth. The chakra is also round like earth. Sushumna has been called earth because all the experiences of the world take place in the brain, nowhere outside, and energy is transmitted to the brain only through the Sushumna nadi. Varah is the Kundalini-Purush i.e. meditation image. This is the meditation of Lord Vishnu. Like Vishnu, he is also shown in quadrilateral form with conch, chakra, mace, padma, one thing in each hand. That is why it is said that Lord Vishnu incarnated in the form of a boar. The boar has been chosen for the metaphor because it is the boar that digs the ground in search of its shakti hidden in the form of food in the depths. That is why the earth is dear to the boar. That's why he even enters the sea to bring it up. In order to get the sleeping or suppressed earth or shakti in the form of mind, he gropes and digs the

muladhara and carries up it with the teeth in the form of Ida and Pingala channels. Then by balancing it in the form of Sushumna, it brings it out of the water that's nadi or channel as it also flows like water, and restores it to its original place. Its real place is the Sahasrara of the brain, because that is the center of all experiences. Sushumna Nadi also goes directly from Muladhar to Sahasrar straight up. With this, the thoughts buried in the subconscious mind start coming back to experience, and starts merging into the blissful emptiness of the Self. Means cleansing happens. Means sleeping shakti in the form of subconscious thoughts starts waking up. This is Vipassana. Vipassana can be done in any part of the brain, except the Sahasrara, as it requires less energy. In Sahasrar, only the Kundalini picture is meditated upon, which is in the form of an idol or a Guru or a transcendental body etc. This picture feels almost like a real physical form with practice, that is why it takes much more energy than Vipassana. Although it happens in Sahasrara only, but due to less energy, it appears outside. The less energy a thought has, the further away it seems from the Sahasrara. By the way, the place of the soul has been described as Sahasrar. If someone starts awakening the image of a common man in Sahasrar, then he will reach him or her automatically while walking in his sleep at night. Then how will meditation happen? Then all the gods and sages are happy and praise Lord Varah with folded hands. Anyway, the purpose of all these is to remove the living beings from the beginningless suffering in the form of birth and death, which is only possible in the Sahasrar Chakra in the form of awakening, that is why they are happy. To pacify or kill the boar by Shivji means that Yogi left the fascination of Kundalini and became a non-dual Tantrik like Shiva. Anyway, the principle is that after the awakening of the Kundalini, the non-dual tantra is the supreme understanding, which Osho Maharaj also explains to the world in the form of one of his books, "tantra-a supreme understanding".

Kundalini yoga science is the pinnacle of quantum mechanics, space science, cosmology and astronomy-physics

Kundalini awakening proves that the non-existent void does not exist

Friends, I was thinking of transmitting my recently awakened experiences to the scientists, so that they can solve the mystery of the origin of the universe, on which they are badly stuck. But I could not find any comment box on their sites nor did I find any such appeal from their side on Google. After getting the address of one or two, contacted them on Gmail, but did not get any response. If you know any such platform please do share.

Spiritual science and space science are interrelated, and are incomplete without each other. That's why the science of **astrology** was also included with **Sanatan Vedic philosophy**, and it had a special respectable place.

Nihilism is the root of all problems

Nihilism is the biggest **duality** producing **spiritual ignorance**. If science had not resorted to nihilism, then nature and **humanity** would not have been destroyed today. Due to this, there would not have been hue and cry in the form of **wars**, natural calamities etc. all around today. Then science and spirituality as nonduality would have been progressing together and complete and all-round development of mankind would have been ensured. Buddhism was almost thrown out of **ancient India** for the same reason, because it resorted to nihilism. Although Buddhists argue a lot that their worship object is not void but conscious **Brahman**, this is also true, but from the external ethics of Buddhism it appears to be void. Common people

only see superficially, they cannot understand the deep things.

It appears that the most anti-zero culture in the world is the **Hindu Sanatan culture**. In this, along with soil-stone etc. inanimate objects, the dark black sky is also worshipped. For example **Shani Dev** and **Kali Mata**.

Origin of the universe and its basic structure based on the experience of awakening

What we think of as void or darkness or blissless sky, and also feel it as our **soul**, does not feel like that at the time of awakening, that is, it feels like non-zero, light and blissful **sky**. I am saying non-zero because it looks like the full physical world. The visible physical world and the mental images or thoughts created from it are felt like waves in it. Just like there are **waves in the ocean**. The same has been described in various **theology**. So is science ignoring this?

space is soul in its original form

Whole world is virtual and unreal

Original means real, that is, in a viceless form. This was already evident from **Einstein's theory of gravitation**, but no one had understood it in this metaphysical form. Einstein was so great but it seems he did not encounter a true awakened person. Lol. Einstein proved that **spacetime** can be twisted like a three-dimensional sheet, can have holes or pits in it. By the way, what is already like an empty pit, how can another empty pit be made in it. From this, it is clear that space is not empty as the common man thinks. It is empty and not empty at the same time, though it is void in form, it is soul, it is God, it's **supreme soul**. Its pit is like a boat making a depression in the water of a pond. The wave also moves in the same way making a depression. Means waves can be formed in space. Then how did it become zero? Many may even say that it is such a void in which falsely

assumed **virtual waves** can be formed. Rishimuni also tells the same experience of the soul. It means that it is not such a wave that can distort the soul in reality. Even the water seems to be distorted by the wave only for a short time, after the wave has passed, its surface also becomes completely flat and as before. The same happens with the air. Then space or sky is even more subtle than them, how can it be distorted. It cannot be perverted even for a short while, because where will it go after being perverted. Because there is sky everywhere. Water and air move to the empty space, but where will the space move? This means that space waves are more virtual than water and air waves. Means the wave does not move anywhere, it only appears. Isn't it a surprising fact. Amazing zero brother. Probably this is the magic or illusion of God which shows everything even though it is not there.

As classical evidence, the **Mahabharata**-sized epic **Maharāmāyaṇa**, aka **Yogavasistha**, repeatedly and everywhere refers to the soulful void-form sky or space as the Supreme Soul. Everywhere in it the world has been called **false** and virtual.

If the whole world exists in zero, then it must have the same qualities as the real physical world

Now let us give an edge of logic to the above scientific analysis. All the activities that take place in the physical world take place in the void of space as well, as we said above. This means that the nature of the void must be the same as that of the world. This is possible only if the **Sattva guna, Rajo guna and Tamo guna**, all these three gunas of nature are present together in that void, because the material world is made of these three gunas, as stated in the **scriptures**. That's why that zero soul has been called **trigunateet**, means outside of three gunas, because having all the three gunas in equal quantity cancel each other's effect, although all the three are present always. That is why, in spiritual scriptures, God is also called **indescribable**, that means he has all the three

qualities, he doesn't have them, he has both these things and he doesn't have both. These qualities cannot be more or less than each other in the void, because with the change of material things with time, the qualities keep becoming more or less, but zero cannot change. This means that the zero soul is present with light in the form of Sattva, activity in the form of Raja (in the form of a virtual wave together with wave's absence too) and darkness in the form of Tama altogether simultaneously. This all proves the scriptures saying that the all pervading real space that's supreme soul is **conscious** though in a far superior way than all the worldly living beings and it's attainable.

void space also behave like physical substances

However, the only difference is that what void space does everything in virtual form, physical matter does that everything in reality. That's why called in scriptures that supreme soul is the biggest **actor, dramatist** and magician. For example, water from sea water bounces out in small pieces to form real drops. But in the ocean of void space, first thing, void cannot jump as a piece, secondly there is no existence of such an empty space, which is not in the form of one continuous void sky. That's why there is only one way left, that is to make falsehood, that is, to make appearances, that is, to make virtual drops. According to science, we call them the basic particles i.e. **Elementary Particles**, which keep on **popping** out of the empty space, that is, they keep on appearing and also keep on merging in it. Just like the drops of water keep coming out of the ocean, and keep merging in it. Then why not accept this experience of self-awakening scientific and correct that the whole universe is a virtual wave inside the soul. The problem is that experience cannot be shown to anyone else and no machine can verify it. It has to be experienced by oneself.

Transformation of Science-era into Yoga-era

It is abundantly written in the **scriptures** that the world cannot arise out of nothing. From long time ago sages knew from self-experience that this world originated from **self-illuminating** soul in the form of sky, not from any dark empty space. Many scientific arguments were given for this, which also proved the same. **Self-awakened** means **Kundalini-awakened** people also tell the same experience. That soul cannot be grasped by the material senses, but is experienced only as one's own true nature. That's why one thing is clear that it can only be guessed by science, but it can be seen only through yoga. Science will calm down after guessing it, and then move towards yoga to experience it. All scientists will become yogis, and the science-age will be transformed into the yoga-yuga.

There is no difference between the outer and inner universe

If the universe of the mind is experienced inside the soul, then the physical universe outside too, because we can know it only in an approximation from the mental universe, never directly and in reality. But this much is certain that the real form of the external universe is also like the mental universe. The only difference is that the outer universe is more stable than the inner universe, that's why it looks almost the same to everyone for thousands of years, but the mental universe keeps changing every moment with thoughts and experiences.

Many deep mysteries of science can be solved by Kundalini awakening

For example, what is the deepest core of the universe, what is the principle of **quantum entanglement**, what is an electromagnetic wave and how it moves, **vacuum energy**, quantum fluctuations, **dark energy**, big bang, expansion of the universe, black hole, **multiverse**, **parallel universe**, Anti Universe, Fourth Dimension, **Spacetime Travel**, Teleportation, **Alien** Hunting etc., and many more. Caleb

Scharf, an astrophysicist, says that the entire universe may just be a giant alien. For **Einstein**, time is an illusion. All such thoughts and **theories** match with the thinking of learned **sages** and **philosophers**. That's why scientists should leave one-sided physical thinking and include yoga and **spirituality** in their study, only then all the **mysteries** of the world can be revealed. Many quantum theories can be understood from yoga science, such as the **wave particle dual nature of matter, standing wave**, the double slit experiment, the de Broglie principle, the **Casimir effect**, and many more. **The theory of everything** for which scientists have been trying for a long time, it seems that yoga can meet it. Some scientists are also moving in spiritually truthful direction, such as **Stephen Hawking's string theory Robert Lanza's Biocentrism Theory**, the theory of aliens being hidden in every object, **Adam Frank's** theory considering Earth as a living being, A theory considering Earth as a prison for criminals and **Moon** as prison monitoring center etc, and many others. Although these are all scientific guesses, like I said above. To prove these, there is a need to take along those people who have directly experienced Kundalini awakening through yoga. Nowadays, the atmosphere of discussion on such inexplicable types of science riddles is heated everywhere. The iron is hot, and scientists should not hesitate to take the hammer. If you also want to contribute in solving these riddles, then do write in the comment box.

Kundalini Yogi is like a truly quantum scientist who is the master of subtle physical world

Kundalini Yoga can fulfill man's curiosity to learn and move forward

Friends, in the previous post I was telling about the space-form nature of the **soul**. In practice it is seen that everything keeps on breaking down to below and below to successive finer constituents. In the end the smallest thing will be remaining which will not break. That is the **sky**. Then again in the beginning of the creation when things start to be made from it, the first thing to be made will be a virtual wave in the sky because there was nothing except the sky. There is only one way to make it look like a wave or a particle by making a **running or standing wave** respectively. I was also telling in the previous post that when the medium and the particle are the same thing and the particle is nothing other than the medium, then the particle will also be called a wave. A particle of water can be formed inside the air, but how can a particle of water be formed inside the water. The only way is to make it look like a particle by creating a **virtual** standing wave. That's why in the scriptures that **Chidakash** i.e. **conscious sky** has been called as **Neti-Neti**. The **Sanskrit** word **neti** is made up of two words, **na** and **iti**. **Na** means no, and **iti** means this. That's what **neti** means, this is not, means this is not **God**. Whatever is seen, will be considered **neti**. All the particles and waves will also be considered **neti**, as long as they are found. In the end, the invisible dark sky that remains will also be **neti**. That is because we are able to see or know it in another form **self form**. Any kind of thought or feeling will be considered as **neti**. In the end, such an element will remain, towards which we will not be able to point, that means it will be our own self. Because we will not be able to address it by saying **iti** i.e. this, therefore it cannot be **neti**. **Neti** can be what we call **iti**. It means, the silence is the top knowledge. This self is experienced during **Kundalini**

awakening. Nonliving or dark sky can't be self-sky because it can't show glistening world inside it as its waves. Only living or conscious sky can be the self-sky as it does so. Means a mental feeling of light and consciousness is a small wave inside infinite ocean of it, not as a particle inside unrelated base medium as per physical experiments and awakening experiences. Both goes side by side to prove fully. Although inner experience of awakening is alone enough for more philosophicals and intellectuals. What can be a bigger proof about God than this? Most of the scientists and modernists who think that such-and-such particle will be found or such-and-such force will be known or such-and-such theory will be proved, then probably all the **secrets** of the universe will be exposed. But this is not true. Whatever you get will be iti, that's why it will come under neti. There will always be something left to find. Means the origin of the universe will not be known. The ultimate origin means the ultimate soul will be known only when one will feel his self-form without meeting any iti i.e. something different from oneself. This is possible only through Kundalini Yoga. This proves that only through Kundalini Yoga, all the **mysteries** of the universe can be revealed at the root level and it fulfills the curiosity of man to learn and move forward. A long-standing mental thirst appears having been quenched.

As many creatures as the universe means multiverse

The universe is like a disorderless wave inside the Chidakash that's conscious sky. It is as pure as **Brahman**. What can be the difference between water and water wave. But man colors it with his feelings, beliefs, and thoughts. That's why this universe is different for each person or creature. That is why it is said that the universe is not somewhere outside, it is only the product of man's mind. This point has been made clear in the entire **Yogavasishtha** book with many stories and examples. We can also call this the multiverse. With Kundalini Yoga, when the mind's thoughts and feelings are purified, means the **attachment** to these is removed, then the noise of the restlessness of the mind calms down, then

only the experience of the original Brahma-like universe along with its wavy world is realized, due to which the person starts living as self-satisfied. Kundalini itself is **Advaita**. Advaita is to see all the things of the world as same and inseparable from self meaning as waves in the self-form sky. Quantum scientists also see true nature of subtle substances as inseparable from space, wave-like and similar to each other. There's no difference between light or photon wave and electron wave. Both are waves. But particle nature varies. This means duality resides in untrue particle nature and nonduality resides in true form wave nature. Also, it's only possible to show a wave as particle, not particle as a wave. This also proves that wave nature is true nature of the quantum objects. This is the true view of gross world too, because it is only the subtle substances that join together to form the gross world. This means the wave form of the world is the truth, the particle or physical form is imaginary and unreal, as it has been said everywhere in the scriptures. The particle view is dualistic vision that's full of falsehood, **illusion**, distraction and saddening virtues in the world, and arises from looking at the world with **attachment**. It is like if you try to see the elementary **particles in the double slit experiment**, they behave like particles, otherwise they are in their true wave form. If you want to enjoy double, then stand near the double slit and sometimes look at it with a slant and sometimes turn away shyly. Haha.

Innumerable universes at one place means the existence of parallel universe

The existence of infinite dimensions

because the physical world is a virtual wave inside the space, so innumerable types of virtual waves can be formed at the same place. One type of wave may not interact at all with another type of wave. Therefore there can be innumerable independent universes located simultaneously at one place. It is possible that where I am sitting at this moment, exactly there means in the space occupied by me, all the things of

the universe and all the activities of the universe are present, because there will be something in the universe of one dimension, and something in another, like this, everything will be covered in countless universes. It may also happen that there are countless entire universes present in this same place, because small and big are also relative, not real. This means that in this way **innumerable dimensions exist**. We can never know them, because the virtual wave dimension in which our universe is located will not be affected at all by the dimensions created by other types of virtual waves. It is possible that the **Great Attractor**, which is inflating the universe like a balloon, may be in the form of countless and enormous universes in unknown dimensions. We are considering it to be the natural gravitational force of space, while it is being created from invisible universes.

Scientific experiment in the form of personal experience of the dual nature of matter

Once a spark of **lightning** struck my hand. I felt as if someone had hit a stone hard on the back surface of my hand. Even I started looking here and there for who had thrown the stone. That sparkling electric ring fell on an iron sheet about ten meters away around which children were also playing but they were saved luckily. Amazing thing that there was no scratch on that iron sheet, it was exactly like before. There was no sound of hitting anything etc. This means that the fundamental particle of matter, the electron, behaved like a particle on my hand, while it behaved like a wave on the iron sheet. **Photoelectric effect** and **double slit experiment** was an experiment with inanimate substances, but I felt this experiment on my living body. You must have also seen how the whole building collapses due to lightning, or a big hole is formed on its roof. Also as it happens with a tall tree, a lot of its wood gets chipped from the middle or the tree falls down in two pieces. It is called **Vajrapata** in **Sanskrit**, meaning the falling of an iron-like sphere from the sky, like a bomb falling. This means that the people of ancient times had knowledge of the particle

effect of the **electron-wave**. There is a **Bijli Mahadev temple** in **Kullu** of **Himachal Pradesh**. The stone **Shivling** located in it is struck by **lightning** once every year, due to which it splits into two pieces. Then both those pieces are joined with butter by the priests of the temple. This is also a particle nature of electron. A fundamental particle is so small that it can only be detected indirectly at the **Large Hadron Collider** by measuring the impact of its **collision**, just as it produced the **sensation** of a collision on my hand. Even it can never be detected directly, it is a distant thing to be seen.

Kundalini Yoga is the origin of Quantum elements like fundamental particles, wave and planck length of the physical universe

both inside and outside the mind are relative and illusory

The existence of anything or the world outside the mind cannot be proved

Friends, in the previous post I was telling how the mental world is not real, but a virtual wave inside the soul. Similarly, the physical world does also not exist, it is also created by the mind. This is not today's invention, as is being shown in many places. This was experienced by **sages** and many other awakened persons thousands of years ago, which they left by writing in spiritual scriptures for the benefit of future generations like us. Especially in the book **Yogavasishtha** there is a very beautiful and scientific description of these facts. Once upon a time there was so much attraction for it that to read it peacefully or after reading it many people used to leave their homes and go to secluded ashrams to gain knowledge. It places the reader in a quantum or otherworldly dimension. It's too repetitive, so repeating the same thing over and over again in different catchy ways makes it like **mindwashing**. The staunch materialists may say that this is true about the mental subtle world inside the soul-space as experienced through awakening, but how to accept it about the gross physical world outside. But they forget at the same moment that there is no existence of such a thing as the physical world apart from the mind, because man cannot know anything apart from the mind. One can only imagine that world, but that imagination is also subtle and inside the mind. Then some logical and curious people can imagine that why the **conscious sky** should be considered as the root, why

not the inert sky, because sorrow, absence etc. are pieces of the inert sky.

The unconscious space is also virtual and false inside the conscious space that's true soul like the expressed world

Awakened people answer this in such a way that like **Chidakash-wave**, the **unconscious sky** also does not exist. It is illusoryly felt as one's own soul. That illusion increases with **attachment** to the world, and decreases with **non-attachment**. Just as the expressed world is virtual in the conscious sky, so is the unconscious sky that's the **unexpressed world**. That is why **Sankhya philosophy** considers the unconscious sky as eternal as the conscious sky. However, the highest school of thought **Vedanta philosophy** clarifies that the unconscious space is virtual and not real in the conscious **soul-space**.

Perfection is felt only through the experience of the conscious sky as presence-form, not through the experience of the unconscious sky as lack or absence-form

If you think deeply, it is also empirically proven. One does not feel through the experience of the unconscious soul that he has realized everything or is complete, and that he has nothing left to know, do and experience. But this all is felt through the experience of the conscious soul. The meaning becomes clear from this that in reality the consciousness-space is true and infinite, the physical world that comes in common experience is like a minor and **illusion**, that is, like a virtual wave in it.

Creation is indescribable and experienceable like Brahman

The world is imaginary, means the physical world is imaginary, because we do not have access to it. The **mental microcosm** is not imaginary because it is experienced. Although the subtle is also relative to the gross. When there is not gross and outside anywhere existent then how can anything be subtle and inside. Means that all opposite and dualistic feelings like gross-subtle etc. are imaginary. That's why the world is just a form of experience, it is indescribable. This is called jaggery of the dumb. Everyone is situated in **Brahman**, only there is a difference of level. The awakened individual at a higher level, others at variety of lower levels. No one is perfect.

a philosophical thought experiment

Science, which considers itself to be staunchly experimental, real and objective, is also nowadays presenting many philosophical thought experiments, which cannot be proved by physical experiments at all. Then why should we hesitate to do thought experiments, because the field of Kundalini is more philosophical and **experiential** than physical science. It is a thought-experiment to consider the subtlest element of the universe as the practice of Kundalini Yoga. By the way, this thing is proof-proven from the **scriptures**. The **Vedas** and scriptures are also considered to be direct evidence like physical evidence, in many cases more so than physical evidence, such as in the case of **God** and awakening.

The Ida and Pingala nadis are the crest and trough of the subtlest wave

The standing wave in the form of Moolakan that's fundamental particle can be that when the pair of **Swadhishtan** Chakra and **Ajna Chakra** or the pair of **Mooladhara** and **Sahasrara** points are pressed together or meditated together with the finger and the wave of energy runs between them sometimes through Ida, sometimes through Pingala, and in between both through **Sushumna** at intervals. Muladhara is **Yin** or **Patala abode** or **Prakriti**, and

Ajna or Sahasrara is **Yang** or **Heaven** or **Purusha**. The middle Sushumna Nadi is the original particle or the real form of the world, because it is from it that the Kundalini i.e. mind i.e. the world emerges.

The temporary fundamental particle is in the form of partial yoga practice while the permanent particle is in the form of complete yoga

Just as there is a constant flow of energy between Mooladhara and Sahasrara in man, in the same way between Prakriti and Purusha in **Mulakana**. That's why the wave keeps on moving, it never stops. It is like a stable or real particle. The virtual particle is like the initial yoga practice by a learner, in which the flow of energy in Ida and Pingala is temporary or intermittent, and less effective. That's why these temporary particles keep appearing for a short time, and keep getting absorbed in the sky.

The particle is in the form of a wave traveling from Muladhara to Sahasrara, while the antiparticle is in the form of a wave returning from Sahasrara to Muladhara

At the end of the universe, antiparticles of all the particles will be expressed, which will destroy each other and bring holocaust

Muladhara is the symbol of nature that's prakriti here, and Sahasrara of Purusha. The above temporary virtual particles as two opposite particles of plus and minus form keep on being born. This means that sooner or later the permanent particle-wave will also end, of course at the end of the universe. Then the wave in the form of opposite particles will move in the opposite direction from Sahasrara to Mooladhara i.e. Purush towards Prakriti. In this case, just opposite to each **plus particle**, **negative particles** will be formed. Due

to this, the particle and the antiparticle will swallow each other by joining each other, and the creation will come to an end. This is called **holocaust**. Then there will be no wave for a long time. This is called **God Narayan** going into **Yognidra**. Means he is in sleep, but he is situated in his fully awakened form at the same time. Science says that as soon as a particle is formed, an antiparticle is also formed, but it disappears somewhere. It is possible that at the end of the universe those antiparticles appear again.

At this moment the antiparticles are in the form of gravity

I am saying this because many scientific type people are also saying the same. Gravity is like a hole in space. Half of the wave is also like a pit. Both cannot meet due to some force. That's why gravity pulls the particle towards itself into a **virtual pit inside the sky**, but it cannot completely merge with it. When only the top half of a wave is visible, it looks like a particle. When the crater of gravity is also seen with it, then that particle comes in wave form. This means that at the time of **doomsday**, gravity will swallow up the entire universe.

quantum gravity exists

It is clear from the above analysis that even elementary particles like electrons, quarks etc. have gravity. It is in the form of an antiparticle like a microscopic virtual pit in the space created by the particle. Science is not able to find it, but it is also not able to deny the existence of quantum gravity.

The first node of the original wave is Prakriti, and the second node is Purusha

These pictorial points are the two nodes of the most basic **standing wave**. The blue dot on one corner is the negative or **north pole** node and the red dot on the other

corner is the positive or **south pole** node. The wave swinging between these is the desire or thought to create the universe. The assumed central line is the Sushumna in the form of **meditation**, which is the firm determination to create the universe. Assumed central line means particle nature is assumed, real nature is wave. That's why it is said that **Brahma** created the universe with **penance** in the form of meditation. Means Prakriti is one node and Purusha is the other node. Anyway, the **origin of the universe** is believed to be due to the combination of Prakriti and Purush. Prakriti is the **dark sky**, and Purusha is the self-illuminated sky. Both are eternal. Prakriti is the negative node, and Purusha is the positive node. The stable wave formed between these two is the smallest fundamental particle. Such particles keep popping out in the sky and merge in it. When they get stability from something, they join together to form countless particles. This leads to the expansion of the universe. This means that every particle of the universe is doing yoga. **The whole universe is yogic.**

Fundamental quantum particle is a Kundalini Yogi doing Kundalini meditation

Planck length is the minimum distance between node and anti node of the smallest wave

Scientists haven't found any particle smaller than a quark. It may also be possible that there are waves smaller than quarks as assumed in **string theory**, but they can show themselves as particles only after rising to the level of quarks. Waves are detected only at the particle level. Maybe the shortest wavelength is exactly equal to the Planck length, which is the smallest length possible. One node of that Planck wave is nature, and the other is Purusha. Well, Prakriti and Purusha are one and the same, there is only virtual difference. In this way the Planck length is also not real but virtual. Waves in the sky can also be virtual, not real. From Prakriti means Muladhar, a wave of shakti rises towards Purush means Sahasrar, means God Brahma meditates for yogic penance. That wave swings alternately to the left and

right in the form of Ida and Pingala, meaning Brahma tries to immerse himself in meditation. When the meditation is a little stable, the wave of energy starts flowing in the virtual type Sushumna channel in the middle. This makes the **Kundalini picture** stable in the mind, which means the first and smallest particle is formed. Then the world goes on increasing further and further. Even today, the whole creation is running towards the open and empty space outside, which means that the same basic habit is intact that there is racing of the nature that's prakriti towards the Purusha. Every object and creature of the universe has only one basic habit, **running from unconsciousness to consciousness.**



Fundamental particle

Kundalini Yoga is also a wave

Friends, in the previous post I was telling through a **thought-experiment** how **gravity** will swallow all things at the end of creation. Some Scientists are also making a similar guess, which has been named **Big Crunch**.

Along with this, there was also talk about the wave nature of the fundamental particles. In the case of physical waves like wind, water etc. it is seen that crest and trough cannot form simultaneously. When water rises above the surface to form a crest, it cannot sink below the surface as a trough at the same location at the same time. But this can happen in the case of a sky wave, because it is virtual, and does not require any physical object or medium. That's why the **three dimensional fundamental wave** looks and behaves like a fundamental particle, as illustrated in the previous post. The wave in the form of particles keeps moving forward making such **three dimensional crest and trough**, because prakriti and Purusha are present everywhere, and the race from **prakriti to Purusha** goes on everywhere. That is why fundamental particles appear together in many places. The next trough is formed from the previous crest, and the next crest from the previous trough, because nature loves **symmetry**. In this way, in the form of countless waves, countless subtle loops are formed in space. Means the whole sky seems to be divided into loops. **Quantum loop theory** also says that space is not flat but divided into the smallest pieces. There cannot be smaller pieces than that. But if it is seen from the principle, then everything will definitely become the smallest after breaking. It is nothing but the empty sky without attributes. What has been called the quantum loop of space is not actually the natural form of **void space**, but a virtual fundamental particle in space. This gives the answer to all these things that why wave behaves like a particle, how **standing wave and propagating wave** are formed etc. Any wave is actually a form of **meditation. Ida, Pingala and Sushumna nadis** move in wave form only. Actually nothing moves in a wave, the thing making the wave just comes back to its original place by vibrating back and forth or up and down.

Only the wave moves forward. Anyway there is nothing in the space like zero to appear. So the only option left is wave. Even there is nothing to tremble at its place to make a space wave. That's why vibrations are shown only in falsehood. Don't know how. Light, which is considered to be **God or devata**, moves only in the form of waves. So is **Agni**.

The movement of the nadi is also in the form of a wave

Sensation in the nadi moves forward in the form of waves. The **sodium-potassium pump** works in this. Sodium and potassium ions keep coming in and out of the nerve fibre wall at their own place, and the wave of sensation continues to move forward.

wave carries information

If a pebble is thrown somewhere in the pond, a wave is created on its water and spreads everywhere. Due to this, aquatic animals become alert from the possible danger. By walking on the ground, a wave is created on it, by which animals like snakes become alert or run away. Everyone knows about the transmission of information in the form of sound waves through the air. From **Mooladhara**, the wave of sensation goes to **Sahasrara**, due to which Sahasrara becomes alert i.e. active. The alert is from the enemy as passing time, which always stands in front of the man in the form of inevitable death early or late. Hence Sahasrara strives for **awakening** or **spiritual lifestyle** in the form of worldly experiences with **Advaita**. Actually worldly goals too are achieved with the healthy Sahasrar because it's the site of feeling.

The soul feels the virtual world inside itself with the help of electromagnetic waves

The movement of **charged particles** in the nadi creates an electromagnetic wave in the surrounding sky. That wave is

felt virtually dividing the **self-sky** of Sahasrar in to varying patterns according to the em waves being made through varying physical experiences brought about by senses. That is why it is said that the **place of the soul is Sahasrar**. It is surprising that innumerable virtual artifacts are created in the sky by electromagnetic waves at innumerable places, but they are felt by the soul only in the Sahasrara of the brain of the living being. If we get the correct information about its structure and its functioning, then it is possible that science will also be able to create an **artificial organism and artificial brain**.

Kundalini yoga makes the universe a giant alien or Devata

electromagnetic wave in vacuum

Friends, I was telling in the previous post that the **mental world** is created by electromagnetic field or waves. Then why not assume that the physical world outside is also made of these waves. The only difference is that in the mental world, these waves are unstable, and keep on changing according to the information being brought from outside through the senses like eyes, but in the gross world outside, after getting stability from some force, they behave like permanent particles. Through this the world keeps moving forward. In the brain, the electromagnetic wave is created by the energy coming from the Muladhara, but from where this energy comes in the **empty space** outside, it is a matter of search.

Origin of field from particle and particle from field

Quantum field theory is the most modern and accepted one today. According to this, there exists an omnipresent field of every particle and **force**. Space is not empty but filled with these fields. Field means **potential**. Field means ability to create particle and the effect of particle. I think it as small accompanied waves with a main wave when a pebble is dropped in to a water body. The main big wave is like a particle and small waves are as its field. The area up to which these subtle waves are felt is the field area of that main wave as particle. This field is a lightest level wave. When a point in the electron field receives energy, the amplitude of this subtle wave increases, and a particle is generated there. That is electron. These fundamental fields are smaller than the smallest particle that's **quark**. Similarly, a field is also formed around the **electron**. It also connects with the **proton** through the electromagnetic field itself. In the field of this attraction also a special particle is probably

produced that's **photon**, which establishes this **attraction**. In this way, by creating particles from fields and fields from particles, they both continue to move forward along with the physical world outside.

The rise of the manifest from the unmanifest and the unmanifest from the manifest

Mind is also like a quantum field. In this, every type of resolution remains in the form of **unmanifest** i.e. invisible wave. It is called **Avyakt** according to **Samkhya philosophy**. When it gets energy from Mooladhara, then the **subtle waves** of this mental quantum field start getting bigger, which creates a bizarre mental world as counterparts of gross particles in outside world. From that more fields are born, from which more thoughts are born. In this way this cycle goes on and the thoughts of the man do not come to stop. Being the unmanifest born from the **manifest** and manifest from the unmanifest, the inner **mental world** continues to move forward like the physical world outside.

Similarities Between Quantum Physics and Spiritual Psychology

Mool prakriti or Avyakt is the **basic wave** of lightest level. Avyakt is made of unmanifest only, avyakt means subtle level of vyakt or manifest. However, in its origin also, there is a **waveless indescribable Purusha** or **soul**. In the last paragraph, I will explain why a fully actionless man is unable to do any work. Why is he considered like a silent spectator, who helps nature by his mere presence, but does nothing himself. Nature or prakriti does all the work. Purush means pure soul is like a **magnet** by pulling towards which all the work gets done spontaneously by nature. That's why it is said that the one who is dependent on **God**, his life ends well by itself. But God must be real and well understood, which is possible only through **Kundalini Yoga**. Just as our every

action and thought is pre-existing in a subtle form in the form of unmanifest nature called the subtle body, similarly every **quantum particle** is pre-existing in the form of its own quantum field. Shakti coming from **Vyashti Muladhar** means individual Muladhara creates disturbance in the **Vyashti Avyakt** means individual Avyakt or **Vyashti quantum field**, due to which thoughts in the form of different waves i.e. **Vyashti Mool or fundamental particles** emerge. In the same way, due to the shakti or energy generated from the **cosmic Muladhara** that is, the universe-pervading Muladhara, disturbance is created in the **cosmic quantum field**, due to which the **fundamental particles** are born. But where does this energy come from in the universe? Philosophically and psychologically, the **basic nature or mool** prakriti can be considered as the universal basis or cosmic Muladhara, because the word mool means origin is attached to both, and both are the first stones of the basic foundation or adhar of all worldly creations whether inside or outside, but how will it be proved physically scientifically? Like the Muladhara of the individual, there should be some sex act and sex power generated from it in the cosmic Muladhara. So why not consider it as sex between cosmic Purusha and cosmic prakriti, which is indicated in the scriptures.

The process of childbirth is the minor physical path of Tantric Kundalini Yoga

Actually, the unmanifest **subtle body** of the living beings becomes even more subtle after **death**, because at that time it is not getting any **energy** from the **gross body** at all. It becomes like a thick dark soul-space whose darkness varies according to the unmanifest world hidden in it. That unmanifest world also varies according to the manifest world. That is why the subtle bodies of all living beings differ according to their living time gross nature. In this way, when the unmanifest soul-space of many living beings joins shoulder to shoulder with the collective unmanifest i.e. basic nature or mool prakriti to form the united unmanifest spirit i.e. darkness of the soul-sky beyond a certain limit, then from

there a wave of energy jumps towards the Purusha. Due to this an increase in the amplitude of waves in the basic quantum field occurs resulting in to the rise of the fundamental particles and the beginning of the expansion of the world. It is like when a man starts sinking into the darkness of **sorrow** or **depression** beyond his tolerance limit, then with the help of **sex**, his unmanifest **mental world** drowned in the darkness of Muladhara rises up with shakti to the **Sahasrar**, so that the mental world of his thoughts can start re-illuminating. It is also said in the **scriptures** that when the actions of the living beings become oriented to bear fruit, that is, when the living beings seem to be **bored with the darkness**, then they appear physically collectively in the world being remade after the **annihilation**. It gives inspiration to start the world again. It is a universal ie collective **creation and holocaust**. Individual creation and destruction go on with the **birth** and death of every living being. After spontaneous or ordinary natural death, the soul rests in the unmanifest for some time playing the flute of peace, then soon gets bored of it. That's why Shakti hidden or unmanifest in it wants to try to move towards Purusha to express that unmanifested soul. In fact, shakti does not move anywhere, because Purush, Prakriti and Shakti all three live together in Purusha or brain. The unmanifest, the manifest and the shakti that creates them remain in the brain or Purusha or soul, but the unmanifested world is felt to rise up from the Muladhara or individual mool prakriti, because the special sexual force that drives the shakti of the brain rises up from the Muladhara or individual mool prakriti. For that a mutual meeting of a man and a woman is necessary through sex. Coincidentally, the nature of that dead soul matches with the unmanifested world situated in the mixed Mooladhara of a specific sexualized man and woman couple. The mixed unmanifest world in Muladharas of both rising up through the power of sex, taking with it the suppressed feelings and hidden thoughts throughout all the chakras, manifests with joy in Sahasrara, and mixed with each other in both Sahasrara Chakras. From the man's Sahasrar, that mixed world descends with the Shakti through the front channel, transforms into semen and enters the **woman's womb** to create a **child**. That is why

the qualities of both mother and father are mixed in the child. That is why the behavior of the parents has a deep impact on the children, because the energy of all three is interlinked. **That's why it is seen in practice that the children of a couple who enjoy sexual pleasure with love progress a lot, materially as well as spiritually. On the contrary, the children of couples living like strangers often remain frustrated.** It is a different matter that many people with good fortune make a living from here and there. Haha. Experienced **tantra yogis** focus the Kundalini shakti of **sexual intercourse** on only one meditation picture in their Sahasrara instead of expressing the whole world with it, and keep it there for a long time without lowering it down into the seed in the form of semen, so that it becomes mental birth of a child that's the kundalini image wakes up. This is called **Tantric Kundalini awakening**.

the whole universe is an alien

These above facts mean that the universe also behaves like a giant organism or human being. Due to this the Vedic saying, "Yatpinde tat brahmande" is proved scientifically here also. It means that whatever is there in a small thing like body, it is also there in the universe, nothing else. Here only the body is called Pinda, not anything else, because after someone's death, when his soul is given food and drink through Shradh etc., it is called Pinda-daan. Because if every little thing had to be including in the word Pinda then other words like Ande, khande etc. would have been better, not Pinda. Secondly, in Punjabi language the place where people live collectively in a close group that's the village is called Pinda. Moola Prakriti is the foundation or Muladhara of the universe, and Chetan Purusha or Paramatma is its Sahasrara or Kundalini awakening in it. In the form of the creation of picturesque worlds, its living or Karmayoga has to move towards Kundalini awakening. It does this with Advaita. It is written in the scriptures that Brahma himself says that he creates the world with non-duality, so that he does not fall in the bondage of birth and death. That's why this is his Kundalini

Yoga. Advaita and Kundalini Yoga are interrelated. The creation of the whole universe in totality is its Kundalini awakening. As a man feels after Kundalini Jagran that he has done everything, similarly Brahma gets Kundalini Jagran after doing everything, this is what it means. After this, taking retirement from it is the slowing down and stopping of the expansion of the universe. After death, its mixing in the ultimate element or supreme soul is the holocaust. That's why in the scriptures, God Brahma has been imagined, whose body is the whole universe. Nowadays science has also started believing in this concept. That is why a scientific theory is also emerging that the whole universe may be a giant alien.

What we call dark void or unmanifest is also not empty but is full of cosmic waves with limited ups and downs

If someone becomes too much situated in the conscious soul-space or the Supreme Soul or if he remains constantly in the soul-space, then he cannot do any work. He remains dependent and innocent like a monk. This means that at that time the manifested world in him is no longer in the form of unmanifested sky. Means they become pure soul. It means that there are no vibrations called quantum field in their soul space at all. It becomes complete Chidakash or waveless conscious sky. For this reason, even in the gross universe too, the sky is empty at that place, where there are no vibrations. Other places are filled with planets and stars. Virtual particles keep on being created due to a little vibration. Means, even those sannyasins do a little bit of work, but they are not able to run any decisive work-campaign or world-business. Yes, there is an intermediate all-round way that through Tantric Yoga, continuously keep creating and destroying vibrations in the soul space to get the benefits of both.

Kundalini yoga science can peep into black holes too

Shakti is eternal like Shiva

Friends, in the previous post I was telling from where the shakti comes. **Shakta** sect says that like Shiva, Shakti is also eternal. It has to be accepted, because if Shakti is perishable, then from where does it come in the initial void of creation. If Shiva is considered to be the only indestructible and original element, then there is a new explanation. The **quantum fluctuations** of the **subtle body** get recorded in the **soul**. There is darkness in the soul according to those quantum fluctuations. Means the darkness of the soul varies according to the type and quantity of quantum fluctuations. This rule is applicable in both individual and macro cases. This is called the **causal body**. The same darkness of the soul again creates quantum fluctuations according to itself in the beginning of the universe. Means the causal body or the causal universe comes in the form of a subtle body or a subtle universe. From that then the gross body or the gross universe is formed. But still the question remains. Immediately, this answer is made that **cosmic Shakti** i.e. the cosmic causal body remains in the form of dark space, but it does not have its own existence in the form of experience of illusion of darkness by any soul, and that unaffected Supreme Soul is only Shiva. Or say that Shakti as dark zero becomes one with Shiva.

At the beginning of the creation, Shakti separates from Shiva and starts the creation of the universe

Just like the water of the lake always keeps moving, in the same way **subtle waves** always keep rising in the space. In both, sometimes the waves increase more due to wind etc. This is the rise of **particle from energy**. These waves in space are created by the collision of **celestial bodies**. **Scientists** also say that when there is more

upheaval in space, more new **planets and stars** etc. are formed. But how this upheaval takes place in the zero space of the beginning is a matter of research.

The secret of the birth and death of the universe may be hidden in the black hole

When a star dies, it compresses to a **singularity** and becomes a black hole. That singularity dissolves into the unmanifested sky, because the final limit to the smallness of something ends in **nothingness**. Meaning it first becomes the smallest **fundamental particle**. Its gravity is very high. Meaning it is **quantum gravity**. The secret of the creation of the universe from a single particle, that is, the secret of the **Big Bang** is hidden in it. When a whole star can fit inside a single particle, then the whole star can also emerge from it. That re-creation can happen through a . That is why it is said that a black hole can be a factory of creation. It is possible that at the end time of the universe, gravity dominates and destroys the entire universe by making it a black hole. Then the whole space itself will become black hole i.e. **unmanifest sky** i.e. dark sky i.e. original nature or **mool prakriti**. However, the whole universe will be contained in it under high pressure. Now it is not known in what form it will be there. When the pressure in the form of darkness of that ultimate black hole will cross a certain amount or time limit, then the **holocaust** will end and the unmanifest substances buried in it will start erupting out in the form of luminous waves i.e. moving towards the ultimate manifestation that's the ultimate **Purusha**. This is called the attraction and sexual intercourse between **Prakriti** and Purusha, i.e. **Yin and Yang**. This will lead to the rebirth and development of the new creation in infant form. It is natural that the world will be created in the same way as it was before because only the buried matter of the previous world is creating it. The process and order of new creation will also be like the old one because it is often seen that in the order in which a thing breaks down and gets destroyed, it gets re-created in almost the same order and process by connecting further. It is also possible that instead

of the **Big Crunch**, the Big Bang continues, so that in the end all the fundamental particles also get scattered away from each other and merge into the sky. But even then black hole type will be formed. In that too everything, even light, will disintegrate and disappear into the darkness of the original space.

The subtle body of man is also a black hole

Man also dies like this. He builds up the mental universe throughout life. In the end everything merges into the unmanifest like a dark blackhole. On the new birth of that man, his new mental universe is created from this **mental or individual blackhole**. Meaning, as the information is recorded in that darkness, the new universe also becomes like that. That's why it is said that a man's new **birth** is according to his old births.

Light can be included in a black hole as much as countless stars, but it is suppressed or latent. It is like the subtle body of the soul i.e. the **ghost** after death. The light of the world of many births is contained in it, but it is suppressed, that is, unexpressed. It seems that the light is desperate to come out.

Every living being receives birth and death in the form of a universe and a black hole

Empirical Description of Black Holes

I was telling in the previous post that the soul is reborn in the womb of a mother. This is one of many possibilities. The soul can go through the **sun-etc routes**, it can also go through the **lunar path**, it can go to **heaven** as well as **hell**, it can go to any **planet** or the **other world**, it can be **liberated**, and it can remain **bound**. The real experience of this was done by the wise **sages** only, which they have described in the **Vedas and scriptures**. We try to explain their experiences scientifically. My experience is that once I had encountered the soul of a close acquaintance. It was like a

black hole, meaning it contained the man's entire personality, I experiencing them more than his living time state, even with the effects of all his past lives, but still everything was dark, though like an endless open sky. Just like the whole world is contained in a black hole. It seemed as if the luminous world of his living state i.e. his whole previous personality till now from eternity was suppressed by some pressure, due to this that state was **kajjali** that's **mascara** like or shiny black, meaning it was having **consciousness** and **self-awareness** not as fully darkness, inertness or foolishness as generally thought. It was not having ordinary physical light although having consciousness type of experiential light, and so there was also a peaceful joy in it, although the joy was incomplete because of the lack of well expressed light. Looked just like giving someone happiness but keeping him locked in a dark room. Perhaps it's this bondage like animal tied in a dark room but well fed and watered that's why **God** is called as **pashupati nath** or master of animals. It was as if that suppressed **background light** wanted to burst out in full force and explosion in the form of **expression**. Probably black holes are also like this. That's what it looks like when viewed with **Event Horizon**. You can call the event horizon as the gross body or manifestation form of man, and the black hole as its **subtle body** or suppressed form. In the event horizon, the entire visible world is bright and gross, while inside the black hole it goes into subtlety and darkness, remaining there as well. The subtle body is in a strange state. Then after many days that soul was felt walking in a **divine** like state. Probably she was going towards heaven or liberation. I have explained this in detail in an earlier post. I was deeply practicing **Tantric** Kundalini Yoga during this experience. Perhaps this is what made me worthy of that divine experience. She was a **well wisher spirit**. Similarly, once in the middle of my yoga practice, I also had the experience of the subtle bodies of some **inauspicious spirits**. They looked violent and angry and bloodthirsty. Actually the subtle bodies are felt by one inside his soul or in the form of his soul directly. It is a feeling, for which there is no need to run the horse of thoughts. Do thoughts tell you the sweetness of sugar? No, it is an inner feeling. Good ideas

and thoughts can come from behind with it, that's a different matter. Similarly, with the feeling of those **evil spirits**, some bone-like, red-eyed and big sharp teeth and angry pictures were formed in the mind, but they were thoughts chasing feelings, not feelings itself. The **astral body** is just a feeling, without any physical form. The **brain** is like a **theater man**, which creates pictures according to the feeling or mood. I pacified that bad feeling by remembering **Guru**. That feeling must have been for 10-20 seconds only. After a day or two, we got the good news of a bad incident being averted. In the same way I had told in the previous post how the soul is born. This too, I was giving scientific explanation to the things written in the scriptures, with some of my own light experience, although it is not a deep or conclusive experience. In one **Upanishad**, it has even been said at one place that after reaching the clouds, the soul dissolves in the rain water and comes to the ground, then enters the food plant through the roots. When a man eats the grain of that plant, it passes through his body and reaches his semen. From him enters the womb of his wife and takes birth.

That which is beyond the reach of physical science can be reached only through spiritual science

Physicists are unable to peer into the darkness of a black hole. But Yoga science is pointing out that all the substances exist in it in the form of invisible soul, that is, particular invisible sky, which can be directly experienced by the soul in the form of **special dark sky**, but not through **physical senses**. The subtle body of the living being is also like that.

Black hole is the subtle body and causal body of the universe-body i.e. Brahma

Aliens are closest to us yet farthest by being present in every physical form

This is proved by the above facts. I don't see much of a difference between the disembodied subtle body and the causal body. In both the quantum fluctuations get **recorded** in the soul. The only slight difference is that the subtle body lasts for a short time, because the material creation exists to manifest it in a gross form, while the causal body lasts for a long time, because at that time there is **annihilation** of creation, and Nothing happens in physical form anywhere. Also, causal body appears fully calm because it has not remaining any quantum fluctuations in the form of flashy **ghostly expression** for so long as that occasionally happens in case of subtle body. This means that a living entity named **Brahma** also exists like an ordinary living being, as stated in the scriptures. The universe itself is his body. It is a different matter that he is not bound by it. At the time of annihilation, the universe gets recorded in the soul of Brahma. At the time of creation, it again appears in its old gross form. But the scriptures say that Brahma becomes liberated with his death at the time of annihilation. Then where does that recording remain for the new world? The meaning is clear that he becomes **Jivanmukt** or **lively liberated**, not **Videhmukt** or liberated after death. Means his body and the cycle of birth and death always remain, but with the feeling of **liberation**. But he was Jivanmukt earlier also. This is probably written to show that the movement of the **Jiva** and Brahma is the same. There is no difference between Brahma and Jiva. Whatever you think about Jivanmukt, it is right, because he is not influenced by anyone. It's like some space scientists are speculating that the reason we don't see aliens is because they've been molded into physical objects, and made to be either they are and they aren't together. The entire universe could also be one such giant alien. Probably knowing this, the tradition of considering all things as **deities** and worshiping them in different forms started. Only people who are liberated in life are like this. Then the scriptures say that any living being can progress to become Brahma. This means to me that one can

become a complete Jivanmukta like Brahma, not the real Brahma.

If Shiva is a lake, then Shakti is a gust of wind that stirs it

Let us assume that like the movement of water in a lake, quantum fluctuations always exist in space, which we call **latent creation**. Let's also assume that at the time of **Mahapralaya**, space becomes like a completely calm water-lake, in which there is no movement at all, which means quantum fluctuations also stop. Just as the same type of wave patterns are formed again and again in the same order on the surface of the water due to a gust of wind, in the same way, the same type of creation in space also gets formed again and again in the same definite order. But still the question remains in the end that when everything is zero at the end of holocaust, where does that energy or power come from, which starts or increases that movement. Where does that gust of wind come from in the void, which creates the initial movement. Later on, it can also be accepted that due to upheaval, the upheaval itself continues to move forward. That gust of wind that shakes the **space** is the shakti, which the people of the Shakta community believe to be **eternal** and indestructible like **Shiva**. If Shiva is the still space, then Shakti is the gust of wind that creates movement in it.

Kundalini Yoga prefers the wave nature by ignoring the particle nature from the dual nature of matter

Friends, I was telling in the previous post that **black hole** is the **subtle body** of the **universe**. Consider the **Galaxy** as its gross body, and the black hole at its center as its subtle body. Every living being is a sky, and there is a separate universe in it. All are independent and can never destroy each other. It is possible that in the same way there are countless independent gross universes in the same sky.

A man never dies

Not only I am saying this, but scientists are also expressing apprehension that man actually does not die, but after death goes into a black hole and passes through it to another universe. This is the same thing that the **scriptures** say that after death a man becomes a subtle body and takes a **new birth**. New birth is a new universe, because as many **souls** as many universes. Every living being is an infinite space, and the collection of thoughts and experiences in it is the whole universe. Interestingly, like the gross universe, the subtle **mental universe** is also created in **infinite space** itself, and not in the body or mind of the living being, as is often believed. The **brain is just a machine** for generating those virtual waves in space that space can feel within itself. In scriptures like **Yogavasistha**, it is explained that the soul is like the sky imprisoned inside the pot hanging in the sky. It appears to be separate only by illusion, in reality it is one with the infinite sky. **Virtual waves** keep on forming in the sky inside the pitcher, by which the living being is fascinated. Let me refer to the previous post that with attachment to a small part of the infinite sky, means experiencing the waves as separate from the self-sky, the whole bright **self-sky** feels dark in itself. Actually it is an illusion. This leads to attachment to

the **quantum fluctuations** created by those waves too even after death, leading to the illusory darkness that I probably experienced in the **astral body**. It is similar to how in **quantum physics**, when fundamental elements are viewed in particle form, they abandon their wave-like infinite form and behave as finite particles. Meaning infinite energy becomes confined in the form of a particle. Think of it as the light of infinite space is turned off, and only finite light remains in the form of particles. Glowing particles in the dark sky. When we see them as their true '**waves of the infinite sky**' form, they behave that way as waves of space. Meaning that wave is luminous because the space in which it is created is itself luminous. Means the light of the entire infinite space remains on along with the light of wave. A wave made in water can be colored only if that water is also colored. If the water is black, then the wave created by it cannot be colourful. When that wave is to be felt as a particle, meaning independent of water, then the color of the basic water needs to be destroyed, but the color of the wave needs to be allowed to remain. But this is not possible. Therefore the color of the wave-medium that's water has to be made to disappear in virtual form, ie, by creating an illusion, like a **magician's** illusionary trick. That's why even though the real form of matter is waves, they seem to be particles by illusion created by **attachment** and **duality**. It's a simple matter. Meaning that **spiritual ignorance seems to be based on quantum ignorance** in physics.

Kundalini Yoga shows the same infinite space as all black holes, universes, and living beings

It is not known where a living being went after **death**. Similarly, it is not known in which universe a **galaxy** has gone after coming out of a black hole. Just as there are innumerable **subtle universes** in the form of innumerable living beings in the same infinite space, in the same way there can be innumerable **gross universes** in the same infinite space. Take out as many copies of infinite space as you want. Each copy is as complete as the original, not a duplicate, because more than one infinite space is not possible. Similarly, there is no existence or **independent existence** of anything other than the only one experiential-form infinite space. Whatever **wave, particle** etc. is felt in the **virtual** form in the infinite space, it is felt with its base infinite-space, not independently. Means it's felt by infinite space as a virtual wave inside itself. If those virtual artifacts had their own independent existence, then every **inanimate** object such as chair, stone, picture, statue etc. would be alive, as shown in many **animation films**. The world, thoughts etc. are virtual waves in that **sky-soul**, which are not real at all. That's why only one option remains that only one infinite space is shown as all living beings and universes. This is explained in the **scriptures** by a verse or shloka, "**Om purnamadah purnamidam purnāt purnamuduchyate, purnasya purnmadaya purnmevavasishyate**". It means that 'that' means the **supreme element** named **Om** is complete, means infinite space form, 'this' means soul is also infinite space, even after 'this' infinite space leaves 'that' infinite space, the same infinite space remains in 'that', there is no reduction in it. How can anyone extract anything from the void of infinite space? Because all infinite space is one, therefore all living beings are also one. Just as the **mental universes** of the living beings located at different places inside different bodies are '**one space form**', in the same way, the gross universes located at different places, although appearing in

the same space, but having different independent local existence, have each independent infinite space along with them as their soul. This proves the point of multiverse itself. Just as the subtle universes are innumerable in the form of living beings, similarly the gross universes are also innumerable. Although everyone has their own infinite space, so everyone is an infinite space form, and someday they will merge into it. Although we have always merged, but we will be seen merging virtually. In the same way as there is liberation of the subtle universe in the form of a living being, in the same way it must have happened in the case of gross universe as well. It is a different matter that the **prideful soul** of the gross universe i.e. **Brahma** is already **unattached, non-dual** and **liberated** in his life, as stated in the **scriptures**. The scriptures themselves believe in the multiverse. They say that Brahma is innumerable like the innumerable living entities. Probably they say that every living being crossing the progressive order of development near the last stage of the journey of life definitely becomes Brahma. It is in this context that it is said in the **Gita** that the soul is neither born nor destroyed. Meaning that man never dies. The same is being proved from the above scientific facts that the infinite and void sky can neither be created nor destroyed. Yes, it is definitely that the **confused infinite space** in the form of soul can be united with the **original infinite space** i.e. the **Supreme Soul** by removing its **virtual illusion** in the form of ignorance through Kundalini Yoga. The union is already there, just the cloud of virtual illusion has to be removed.

Kundalini Awakening vs. Subtle Body-Samadhi

Friends, in the last few posts I was talking about experiences like **blackhole** and **subtle body**. **Spiritual scientists** analyze it a little more deeply. I think that what is in physical form, different from the soul that's **infinite** and **void space**, no matter how small the particle is, we cannot experience it as self. Only **soul** can connect with soul, nothing else. By the way, the **virtual wave** of the **soul-sky** can also connect, not the **particles** at all. Because particle is the symbol of **duality**. That is different from the **self-sky**, like the **sky-flower** or **sky-garden**, as the **scriptures** say. If we feel the **Kundalini image** in the form of self through yoga samadhi, then it will be experienced as a wave in self-sky, integral with our soul, not as a separate physical object or particle. What I experienced in the subtle body form was not a wave form. Meaning it was not the same as all physical things are ripples in the form of thoughts of the mind. Means their power or brightness keeps on decreasing-increasing. But that subtle body was dark with a uniform **sooty glow**. Then how I was feeling the full details of it, even more so than one gets from its living physical form. This means that there were subtle waves in it, which were not felt, but all the information recorded in them was fully felt. These waves can be in the form of **quantum fluctuations** or movements, which were not getting **energy** without the body, due to which they were not able to express in the form of gross **mental waves**. Those subtle waves can be also like physical waves. We can understand this in a way that if the energy of throwing a stone in a **pond of water** creates macro waves for a short time, then even after the energy received from the stone is exhausted, micro waves of the same pattern continue to be created for a long time. This is because waves behave like pendulums, meaning they rise and fall by their own intrinsic energy. Then after **death** the vibrations of the subtle body of a man should continue to decrease and ultimately one should become a vibrationless **Chidakash** i.e. **superconscious sky** or **Paramatma** i.e. man himself should become

liberated. In many places the scriptures also point out that this happens, although it is not clearly said, but one who does not have spiritual knowledge or who has lived a life full of attachment and duality, being afraid of that darkness or getting tired of it, soon becomes desirous to be expressed. A new body is chosen by him, and the body gotten is good or bad according to his subtle vibrations. This also means that in the same way, the subtle waves of the blackhole also calm down with time, and it becomes completely one with the infinite and void space like the still ocean. Although it may take millions of years, because it is not a vibration in water but in empty space. But the scriptures also clearly say that **salvation** does not come automatically. Even in the **doomsday** that continues for millions and billions of years, the **causal body** remains binding the soul with itself. I think both are true, according to the time and circumstances, although the second would fit most cases.

By repeatedly meditating on the Kundalini picture, it becomes one with the soul in the form of samadhi i.e. Kundalini awakening. Means by meditating about anything and awakening it, we come to know everything about it completely, as the scriptures say. It has been said in **Yogavasishtha** that on connecting with Vayu in Yogasamadhi one gets all the powers of Vayu, such as **flying** in the sky, becoming invisible etc. Similarly, by connecting with other substances like fire, water etc., having complete and direct knowledge of those substances gives all their powers. Now I cannot do their scientific analysis at this time. But whom shall we meditate upon to awaken someone else's or our own subtle body. Will do for the subtle body only. Don't know how. Probably similar to what is done to **ghosts**. It is said in the **Gita** that those who worship God become gods, and those who worship ghosts become ghosts. So it is natural that the one who meditates on the subtle body will become a subtle body. Because there is the rule of **darkness** in the subtle body, therefore it seems to me that the ghost or the subtle body is experienced in the form of self by tantric Kundalini yoga with **Panchamakaras** like **meat** and **alcohol** along with **sex** that create darkness and energy together. Ghosts want to contact people and give or take help, but for this

man must have the power to withstand the high pressure energy charge of the ghost, which seems to be possible only through dedicated **Tantric Kundalini Yoga**. If the Kundalini picture is related to that particular ghost or subtle body, then meditation becomes successful and effective more quickly. But for how this happens, a little in-depth analysis has to be done.

I got a new insight. The above Samadhi experience was not like Kundalini awakening. Means in that experience I did not get united with the **Supreme Soul**, but got united with another soul. If I had become one with **God**, I would have been filled with infinite **light**, sky and **bliss** for a few moments like Kundalini awakening. Along with this, pleasant thoughts in the mind or brain would rise like waves in the ocean, as I have written in a previous post that the brain works like a **theater man**, who presents scenes according to the mood. However, after experiencing the subtle body for a few moments, the brain started forming thoughts related to it, such as people saddened by his death, etc. Although these experiences were not felt like waves in the ocean, because I was not experiencing that **divine-ocean** in which everything is in the form of waves. Pure experience ends with the rise of thoughts. Thoughts create a noise or confusion. Yogis have more such experiences because they can remain **thoughtless** for longer periods of time. They happen to everyone, but due to the noise of thoughts, they remain for such a short time that they are not recognized at all. As **Osho Maharaj** says that everyone experiences samadhi during the few moments of ejaculation experience during intercourse, but it lasts for such a short time that it is not detected. That's why they ask to increase that time through **meditation**. **Animals** are said to be having some idea of future because they are more thoughtless than human beings, although in a different or ignorance filled way. My this above experience cannot even be called oneness, because **oneness** can only happen with God. It can be said like this that I left my self for a few moments and became another subtle body. It was as if there was only one **astral body**, but two souls experiencing it simultaneously. The real or host soul was that of the departed acquaintance. The fake or guest or intruder soul was mine. The subtle body can be

contacted in the same way. What other way can there be to know the dark void sky. To know their problem or their question, I connected with their subtle body. His words could not be heard by the ears, but were directly felt in the soul. Neither his body, nor his face, nor his words. Still I was able to know everything about him and was able to hear everything he said. Staying in his subtle body, I also replied to him, which he listened to attentively, but in the same **self-language**. Then probably when I started coming into my subtle body to remember my awakening experience, then the noise of thoughts in my head started increasing, due to which the connection was lost. But I had told the main thing. May be that the host had kicked out the intruder. Haha. There may have been many reasons, but the main reason was the fear that I might be imprisoned in his astral body forever, and knowing my astral body to be empty, his soul might occupy it. Brother, first we had to save our house, not help anyone. Anyway, in most of cases one cannot stay in another's subtle body for a long time, just as one cannot occupy someone's house by being a guest. Probably, **Parakaya Pravesh Siddhi** or another body entrance accomplishment is the improved form of this, in which the guest soul resides permanently by driving away the master soul of the subtle body. It's heard that **Indian mystic adiguru shankaracharya** was master in this art. There is a story in the scriptures, in which Prince **Puru** donated his youth to his old father and King **Yayati**. This can happen only if they have mutually exchanged their subtle bodies. In my childhood, I had read and heard the description of a so-called true incident, according to which a British officer says that he saw an old Yogi Baba dragging the dead body of a young man through the bushes. After some time, that young man was alive and crossing the river in a boat. The meaning is clear that the Yogi had taken out his subtle body from his old body and inserted it in the dead body of the young man so that he could do yoga for a long time. Now don't know whether it is true or it is a pretense when someone's body is possessed by an external spirit, due to which the mind and body of that person comes under its possession. It is rectified by **tantra-mantra** etc. There is definitely something, which only

spiritual science can understand better, not the physical science.

Kundalini awakening differs from black hole visualization

Friends, the previous post was getting long so the topic had to be stopped there. Now let's continue it in this post. When the experiences of all people are taking place within the same **infinite space**, then any man can relate to the experience of any other man. I mean to say that I am also an **infinite cosmic form** like every living being. I am attached to the **subtle body** created in the brain of a man named **Premyogi Vajra**. Then why can't I connect with the subtle body created in the brain of my friends, Ramu and Shyamu. As my own real form is infinite space, similarly the real form of Ramu and Shamu is also that infinite space. The same infinite space is associated with three different subtle bodies. Due to that my infinite space form became different experience, theirs became different experience. Means the same infinite space started appearing as the three of us as different people, although it is the same. Perhaps I had become attached for a few moments to the **astral body** of my aforesaid acquaintance. This is not a **miracle** but **spiritual psychology**. A conditioned person becomes what he is feeling at that time. That's why while experiencing that subtle body, I became the same subtle body. On the contrary, during the experience of Kundalini awakening, man is in a completely **liberated** state. At that time he is situated in his real infinite **consciousness-space**. At that time all his experiences, whether they are related to his gross body or his subtle body in himself are in **wave** form i.e. false or say virtual. He doesn't feel these even when he feels these. As soon as the experience of a few moments of awakening is over, the light of the consciousness of that shining **infinite sky** is extinguished, and he again feels himself to be the **dark infinite sky** as before. In the form of that darkness, the subtle body of that person is recorded. So why not understand that the subtle body does not exist in the form of any **quantum movement** but in the form of **virtual darkness** covering the light of the **soul-sky**. I am saying this because the acquaintance whose subtle body I experienced had died and therefore did not have his own body. The soul

or infinite space cannot feel any movement outside the body by connecting with it. If this were so, then there would be innumerable movements outside the body in the form of innumerable waves having self existence. Then every electromagnetic wave would be alive. Even soil, stone, chair etc. everything is alive and contains soul, but it is not so. This means that from the beginning of the journey of life, the entire details of a man's life of many births are recorded in the form of a special kind and amount of darkness experienced in his infinite soul-sky. That is called the subtle body. Now let's take it on **black hole**. Understand that the **star** is completely destroyed like the death of a man. Means it is left with nothing in physical form. Only I am not saying this. **Einstein** has also proved through complex **mathematical calculations** that the blackhole gets compressed till the **singularity**. It is a different matter that most of the **scientists** are considering the smallest single particle as singularity, but I am going one step down to **zero sky**. Of course sky seems to be the biggest, but it is also the smallest. Means blackhole becomes a dark sky like a subtle body. Of course there is no one to experience it, because when no special soul was tied to the star when it was alive, then how can a soul be tied to it after its death. The **machine for the bondage of the soul is only the body made of flesh and bones**. When there is no one to experience, then what is the justification of the dark sky. We can't even say that. If this is so, then what is the justification of countless waves in the form of objects like soil, stone, when they themselves are not experiencing themselves, means they cannot experience themselves. Just as **Chidakasha** that's consciousness sky cannot perceive these things in it, similarly it cannot perceive its virtual darkness created by their destruction. That virtual darkness is dark matter and dark energy. After the death of a person, many people are drawn towards him due to grief. Perhaps the initial **ghost** is dark matter itself. A black hole is also **dark matter** in the beginning, that is why it pulls everyone towards itself with its strong **gravity**. After some time everyone forgets the ghost, and while hating it, everyone gets busy in their work as before. Means the evil spirit pushes everyone away from itself. Probably at that time

the ghost becomes **dark energy**, because it also has the power to push everyone away. Probably, in the same way, with time, the dark matter of the black hole also becomes dark energy by getting absorbed in the infinite sky. It has also been proved by science that blackholes also continuously release radiation called **Hawking radiation**, and in this way they get destroyed after a very long time. As dark energy, then it does not work to pull other bodies but to push. Don't know in which universe the information recorded in the subtle body of the departed man in the form of dark infinite space can be expressed inside the man born. That man can be reborn in any corner of the infinite space. In the same way, the information recorded in the **macro subtle body** called Blackhole, the dark infinite space of a destroyed star, may go to which universe and manifest itself in the form of the birth of a new star, nothing can be said. **White hole** and **teleportation** are hidden inside this principle. This also maintains the principle of **science** that **quantum information** is never destroyed. Information passed from the star to dark matter, from dark matter to dark energy, and from dark energy back to the star. In this way this cycle continues like the birth and death of a man. Many people will say that the ghost does not remain contained in a sphere like a black hole. Haha. Brother, this is **spiritual science**. In this, like in **physics**, one plus one cannot do two. Yes, it can show equality. After the death of a person, his soul remains localized like a black hole for some time. It is called a wandering or attached soul. Many people feel this soul. Then it goes infinite like dark energy by fully merging into infinite space. Different spiritual acts are performed in different **religions** so that it can speed up as soon as possible and it can take a new birth through the infinite space.

From the above scientific description, it is clear that the old people knew about **wormholes**, white holes and teleportation etc., though in their own way. They knew that this is not possible with the gross body, but it is possible with the subtle body. So they used to make their astral body as good as possible by doing good deeds, so that it can take them to a good **planet**, star or universe, because they also knew that quantum information is never destroyed.

Kundalini Shakti protects from inauspicious and ghostly events

Friends, I was telling in the previous post that old people knew about **wormhole**, **white hole** and **teleportation** etc., though in their own way. They knew that this is not possible with the physical body, but it is possible with the subtle body. So they used to make their **astral body** as good as possible by doing good deeds, so that it can take them to a good **planet, star or universe**, because they also knew that **quantum information** is never destroyed. For this reason, we see that today's children are **hi-tech** from birth. They don't even eat food without a **smartphone**. Actually the hi-tech information of their recent past birth is recorded in their **subtle body**. As for passing through a white hole with the body or doing teleportation, I don't think it is possible. Let's assume that some miraculous power made this possible. Still, where will we go because till now no completely **habitable planet** has been found. Some are planning to go to **Mars**, some to the **moon**. Go there later, first go to the higher **Himalayas** and see. Even a one-degree drop in temperature can cause shivering and put life at risk. Go to another planet later, because there will be innumerable such problems, that too in a gigantic form. There are many such places on earth itself, which **science** is not able to make habitable, let alone other planets. There is nothing wrong in maintaining **enthusiasm** and **positivity**.

Scientists are speculating that the matter hidden in the **black hole** can go to the hidden **universe** in some other dimension. An infinite number of dimensions of space can mean an infinite number of copies, as explained in a recent previous post. Now don't know in which copy it goes and take birth again in physical form. It is as if a man goes to who knows which copy after his death. We creatures are in another copy means we cannot experience the universe located in other copies at all. Although we can feel the body of another living being. In the same way, we can know the other universe in external means in gross form. But other universes are beyond our reach. It is like a person sitting at

the North Pole cannot see the person sitting at the South Pole.

Now this evidence has also been found that all the matter in the black hole is buried under very explosive pressure. They probably want to go out with a bang, because no matter what the person or thing, they don't like to be under pressure. Things like air, water etc. move from the area of high pressure to the area of low pressure. Every year thousands of employees change their companies due to unnecessary pressure of work, otherwise they fall ill. But those buried substances of the black hole are not able to run away from the **gravitational force** of the black hole. This is similar to what I was talking about in a recent post about the **spirit** in the form of a subtle body. However, in some cases, black holes have been observed spewing out a small amount of material. Similarly, **ghosts** can also scare people by making scary appearances in rare cases. These are called lost or **wandering souls**. This happens more with those who die of **premature death**. Premature death means the sudden death of a man immersed in worldly illusion. The same can happen to a man with **attachment** and **duality** towards the world. In this man does not get a chance to lighten and reduce his **mental universe**. Due to this their subtle body suddenly becomes made with a lot of pressure. Due to the same pressure, they keep on making scary forms like virtual forms. Don't know how. Some have more pressure of good thoughts, that is why they experience **heaven**. Many have a lot of pressure of bad thoughts, that's why the same thoughts continue to erupt outside in the form of an experience of **hell**. By the way, the ghost lives in the form of **darkness**. There are no resolutions or thoughts in it. But the thoughts and choices are hidden in it in the form of darkness of the soul. When a man comes in contact with such a **soul**, those hidden thoughts come alive in his mind. They can be so powerful that they can even appear to him in their true physical form. This is called seeing a ghost. Bhoot in Sanskrit means past. Means it happened in the old time, not now. That's why in **ghostly movies**, the poignant incident of the living time of the soul which became the ghost of a man is shown as a ghost and scares. If someone encounters such an imaginary ghost, then it is said that one should not talk to

it. Because don't know what a scary sight the clever mind can show in a falsehood, due to which heartfail will happen. Another example of a trick of the mind is the arrival of the black **Yamraj** sitting on a black buffalo to carry a dying man with him. It is also written in the **scriptures** and it is also a universal experience, meaning it is not limited to any country or **religion**. Actually at that time there is such a mental state that the mind creates such an imaginary scene which seems like real. Physically, no buffalo or Yama comes anywhere. Once, in a vivid dream, a black buffalo led me on its back through a dense dark forest towards the top from lower side of the hill. That darkness was **divine** and **blissful**, like the subtle body of a great man or a **saint**. That buffalo ran away leaving me in the middle of the way. Then I climbed up and reached that lonely and medium height hill. It was a **supernatural scene**. There was a two or three storied divine hut. The light was divine and like the moon or a candle, yet dazzling. When I came out in the open courtyard or terrace of the second floor, there was a divine Sadhu Baba. My newly written book was in his hand and was smiling happily saying that he had received it from the post etc. and he was waiting for me. He respected me affectionately and divinely. Soon the dream broke and I passed out of that divine feeling. I have also described this on the about page of this website.

Let me narrate an incident regarding the lost soul. I used to go to a dhaba on a beautiful hill to have lunch occasionally. Veg and non-veg food was prepared in it. It was heard that once at night some miscreant customers, after an altercation over the bill, forced their car over dhaba owner's father and fled. The death was sudden, and painful, so it was a premature death. After that whenever I used to go to that dhaba, I used to feel **strange energy** there. Along with this, every time one or the other bad incident happened with my relatives, it was averted. Probably Kundalini used to save me, but due to not doing Kundalini Yoga, it used to affect the weak minded relatives. Probably some effect of Kundalini used to reach them as well. After that I completely stopped going there. Ordinary religious rituals are performed by everyone, but after special death they should be special and powerful, so that the departed soul may rest in peace.

Similarly, once I slept in an acquaintance's house. At night I saw burning wood falling on me from the roof. I screamed too. Then I meditated on **Guru** and **Kundalini**. This removed the ghostly vision and I fell asleep. There was an old history of such ghostly incidents and premature death there. In brief, the incidents heard by the eyewitnesses, a person used to see lights floating on the water at night, which kept on burning and extinguishing. A nearby **haunted** family had buried the ghost in that water by tying it in ballasts. Perhaps small pieces of stones or such instruments that's **yantras** are called ballast. A friend saw children playing near a deserted road in the middle of the night who were growing up and going small too. A friend used to hear door knocking at night in a **haunted house**, on opening the door it seemed that something ran inside and came out with the sound of some objects from a hole etc., but nothing was visible. My past gentleman and innocent neighbor as directed by a **tantrik** went to the **crematorium** or **burial ground** alone at night so that his endangered business would be safe. In the morning he was found dead there. The report revealed that he had **heart failure**. But my grandfather was so brave that he used to say that he could sleep comfortably alone in the crematorium. Just a bed sheet is needed to cover the top. He had a lot of **Kundalini shakti** inside him. **Hanuman Chalisa** is considered best in exorcism. I also feel that Hanuman Chalisa immediately activates the Kundalini Shakti and **Kundalini picture** strongly. Yes, the same **Lord Hanuman** gives power through this chalisa, which has been perfected by **pundit Dharendra Shastri of Bageshwar Dham sarkar**, and by which he shows many **miracles**. What I found most thrilling, saving from fake gurus and highlighting family love, is that his **grandfather is his godfather or Guru**. Many so-called **magicians, secular** and **heretical** people came forward to expose him, but could not succeed. Nowadays it has become a **burning topic**.

Then it is said that black holes pull the shining stars towards them and swallow them. Meaning they are mortality-inducer. The subtle body is also a form of death. Life revolves around it. It is at the center of life, and with increasing age pulls life

more and more towards it. In the end life ends by falling into it. The subtle body of a man exercises control over every activity of his life. It is said that those impressions remain in the subtle body that's **subconscious mind** only called as **Sanskaras**, which affect the behavior of a man. Similarly, the black hole also keeps all the planets, **stars** and other **celestial bodies** attached to it under its control and rotates them around itself. Similarly, dark energy and **dark matter** also maintain the balance of the entire universe. Then it is said that a black hole not only swallows its parent star, but many also swallow countless other stars. Even the subtle body of a great soul such as a great **leader, sportsperson** or any other great **artist** attracts countless followers towards it. After his death, his followers live in an atmosphere of mourning and despair for many days, many commit suicide, and by spreading **riots**, many commit **Genocide**, that is, mass death. Of course they all get absorbed in a big blackhole, but their separate existence also remains.

Kundalini yoga shows Quantum entangled particles are bound together by dark matter in the same way just as two lovers are bound together by their subtle bodies

Friends, there is frequent contact with the subtle body. The one with whom there is a loving relationship, there is contact with his subtle body. Similarly, with whose subtle body contact is established, **love** is also experienced. There cannot be love with only physical body. Just look at the **soulmate**. It seems to them that they are **mirror images** of each other. Of course their outer looks may not match each other, but their minds match a lot. One of them is a boy, and one is a girl. Of course, **sexual attraction** also brings them closer to each other, but it can only bring them closer to each other, it cannot create love. That's why you must have seen that man is never satisfied with **sex**. If sex had the power to create love, man would never have been **divorced**, man would never have had more than one **marriage**, nor would he have had **sex** with more than one woman. I feel that sexual contact is an inspection campaign, by which a man goes closer to find out whether he is in love with so-and-so or not. It is a different matter that many people get so deeply involved in this survey that they are unable to come out and compromise by staying there under compulsion. Some would think that I am talking contradictory. I like to keep an open mind, not to stick to any particular thought. I have said many times that **sex has the power to create love**. This is also true, but the condition applies. This requires a lot of time, effort and resources. When there is hope of getting ready made food, then why make it yourself brother.

In deep man-woman love, the subtle-bodies may be interconnected, but they cannot replace each other. In deep love, telepathic contact is made with each other, each other's

thinking and life start influencing each other. If one partner thinks something, the same thing happens to the other, no matter how far away they are. It is clear that they are influenced by each other's subtle body. But don't know why everyone starts getting worried after entering the arena of the third subtle body. Haha. This also proves that the subtle body is all-pervading like the **infinite sky**. Once my **university** friend's father had passed away. I had also met him many times in a loving atmosphere. He was hundreds of kilometers away from me. I didn't know anything about him. The same night I saw a vivid picture of my father's death in my sleep. I could not understand its reason. It made sense the next day when I got the news. During that time I used to practice intense **Tantric Kundalini Yoga**, which is probably why I felt so alive. It seems that **quantum entanglement** is also the same. The two entangled quantum particles may be associated with each other as a microscopic loving pair. It is obvious that at the base of the visible universe is an infinite space filled with **dark matter and dark energy**. It is also known that the same appears as the visible world, remains under its control, and when destroyed becomes the same and merges into it. This means that dark matter and the visible universe mutate into each other over and over again, never creating anything new, nor destroying what has been created. This world was there before, it is there today, and it will always be there in the future. New role-playing actors will continue to come in this, and in the form of liberation will continue to go to the background permanently. Entangled quantum particles have the same microscopic body. That subtle body is the dark matter of the particles they are made of. That's why when one particle is manipulated, it affects the other at the same time, no matter how far they are from each other, even if one is at one end of the **galaxy** and the other at the other end. This means that each fundamental particle has its own separate dark matter, which is spread out in infinite space. Similarly, each living being is a separate infinite **cosmic** form, of its own kind. Just as every activity of a man gets recorded in his subtle body, and accordingly keeps on repeating itself, similarly every activity of every particle gets recorded in its dark matter. After

the **holocaust**, when the time comes for the re-creation, then that dark matter again becomes the original element, and according to the information recorded in it, it starts creating the universe from the front. In this way, with the cooperation of all the fundamental particles, the creation is recreated. It has been said in the **scriptures** that first **Brahma** was born, then many **Prajapatis** were born from him etc. etc. It means that even in the scriptures, the basic particles have been given the form of human beings, because the nature of both is the same. It seems that **physical science** is understanding the subtle body in a different way. According to it, the **wavefunction** of entangled quantum particles is connected to each other. They remain connected even to the distance of infinite space. Then it is said that two fundamental particles can be entangled if they are brought close enough to each other. Probably due to this, their dark matter reaches each other. It is like the subtle-bodies of two close lovers reaching each other, as mentioned above.

The above description also proves the claim of some scientists and scriptures that past, future and present are all interrelated, meaning **time does not exist**. What is happening today, and what will happen in the future, the same happened before, nothing different. **Everything is predetermined**. However, there is also the importance of man's **work and effort**.

Kundalini yoga shows the DNA as subtle body and the dark energy or dark matter

subtle body is made up of five sense organs, five action senses, five pranas, one mind and one intellect.

It is the subtle body that goes to the other world, not the **gross body** made of flesh. One can say that when the gross body is destroyed, then how can these senses, life force etc. remain, because all these are the dependents of the gross body. This is the trick. You can also call it the **art** of describing in **writing**. If the author wanted, he could have written directly that the body and all its activities get recorded in its subtle body. But this description would not have been attractive and easy to understand. Because the body and all its activities are dependent on its **mind, intellect, knowledge based sense organs, action based sense organs, and the five pranas**, so it is said that the subtle body is made up of these five types of things. I didn't have such an experience. I did not feel these things separately in the **astral body**, but felt one undivided darkness in which the impression of all these things was felt. The meaning is clear that the subtle body perceives through its **soul** only, decides through the soul, works through the soul, receives the experiences of all the senses through the soul, and performs all the activities of daily life through the soul. Means all the past lives of the **Jiva** are fully recorded in the subtle body, which he continues to experience in himself as self. In a way, it is a combined average form of all the previous births. Many people would think that the subtle body would be a mind without a body, in which **waves of thoughts** would keep rising in the empty space, but then what was the difference between the gross and the subtle body. Anyway, the existence of the gross mind is not possible without the support of the gross body. For example, consider the **diamond** in your ring as a subtle body. All the information from its birth is recorded in it. Once upon a time it was pure energy. With the creation of the **universe**, it became a tree on earth. Then, due

to **earthquakes** etc., **coal** was formed by tree being buried hundreds of kilometers below the earth. Then stone coal was made. For millions of years it has withstood extreme temperatures and pressures. There were many changes in this. It performed innumerable actions and reactions. It took countless years. Then it was dug out. Then carved. Then you bought it and put it on your ring. All these information are recorded in this diamond. Although we do not get to know these information in gross form by looking at the diamond, but we do experience those information in subtle form, only then we find diamond very beautiful, attractive and precious. Similarly, from the experience of someone's subtle body, the whole past details of it are not known in the gross form, but it is experienced in the subtle form, by experiencing its average nature. In the **Gita, Maha Yogi Sri Krishna** says that he knows all the previous births of **Arjuna**. It does not mean that he was feeling all the scenes in his mind like **tv screen**, rather it means that he was feeling the essence of them all in the form of his subtle body. The style of the **scriptures** is such that they often do not analyze the facts completely and leave them in a **miraculous** or **mystic** form, so that the reader becomes bewildered. These experiences are subtler than experiences from the gross body, although it seems to us, instead to the subtle body, they may seem as powerful as the gross experience, because in that state there is no interference from the noise of thoughts of the living state, which cloud the experiences. In addition, the experiences of all past lives remain in the soul all the time in a subtle form, while in the gross body it remains buried in the noise of gross thoughts. Yes, it cannot take new experiences, because for this the physical body is necessary. That's why there is no further development of it. It has to take birth as a gross body for further development. To me, the subtle body seems to record all the information of the organism like **DNA**. Similarly, to me **dark energy or dark matter** also seems to be the **eternal DNA** of the gross universe.

The equivalence of dark energy and the subtle body can be proved only if we do not divide subtle body into compartments and consider it as a single **dark sky** in which all the information of its gross form is recorded in the form of

subtle form as waveless or unchanging experiences in **self-sky**. Please don't mistake this as complete **self-realization** i.e. self-knowledge. This is the highest level of self-experience, which is of a single kind, and in which no information is recorded i.e. it's the pure self-form, while the subtle-body as self-experience is of a very mild degree, and contain many hidden information. According to the experiences attained in the gross body state there are innumerable types or levels of subtle bodies. Hence only in this undivided encoded form, subtle body will be fully like dark matter or **black hole** as described earlier according to famous verse "**Yatpinde tat brahmande**".

Kundalini Yoga opens anandamaya kosha with all Koshas of body simultaneously

According to the **scriptures**, the name of our gross body is **Annamaya Kosha**, which ends with **death**. The group of five air that's pranas and five organs of action located in the body is called **pranamaya kosha**. The group of the five sense organs along with mind has been called **Manomaya Kosha**. The group of five sense organs containing **intelligence** is called **Vigyanmaya Kosha**. The innermost and subtlest sheath is the **anandamaya kosha**, it is governed by **satvaguni avidya** that's light-dominated or existence-dominated darkness. But the **soul** is untouched by all these. Let's analyze it a bit. The gross body means the food sheath that's annamaya kosha is visible to everyone. **Karmendriyas** that's action senses have been included in Pranamaya Kosha because first of all the clear effect of Prana is visible on the action senses only. During Kundalini Yoga, when Prana is concentrated on a particular **chakra**, there is a contraction-like movement there along with rapid, blissful and satisfying **breathing**, and the karmendriyas associated with it get power. That's why the breath moves fast due to exercise, sports, running and heavy work, due to which the flow of prana to the physical senses increases. Mental work does not cause such breath, so it is kept in Manomaya Kosha. There is no breathlessness while watching or listening to television. There is no breathlessness even after smelling and tasting any food or even touching it. That is why the **skin, eyes, ears, nose and tongue** have been placed in the five sense organs. That means they are knowledge oriented rather than action oriented. Although littlebit karma is also done through them. Genital organs have also been kept in Karmendriya, because by its use also the breath becomes inflated. The anal sense has also been placed along with the action-oriented organs. The five sense organs are kept with the mind in the Manomaya Kosha because the **mind** becomes active through the experience of sensations through them. Seeing beautiful scenery or

listening to beautiful music brings beautiful thoughts to the mind. Thoughts can be called common knowledge. Special knowledge is born only with the help of intelligence. Like many ordinary thoughts come in the **showroom of the car**. When a man decides to buy a car wisely, then the thoughts related to his purchase are more powerful, effective, practical and action-motivating. **“Vi” means special, so “vigyan” means special knowledge**. This creates joy. Who doesn't enjoy being the owner of a car. It is felt from the blissful sheath that's anandmaya kosha. Actually bliss is felt in the **soul without waves**. The powerfully expressed waves of vigyan and karma leave a powerful imprint on the subtle body. That impression has been called above as **“sattva guni avidya”**. That means, you can call the act of buying a car virtuous, because this work is done comfortably, with joy, with satisfaction, with hope, with humanity and courtesy. That's why the impression it makes on the **subtle body** as ignorance i.e. special darkness is also the same type. For a limited time only, this impression has more influence than the rest of the infinite subtle body, because this impression is fresh, later it dissolves in the innumerable impressions present in the subtle body. With this it becomes ordinary like them. That's why the pleasure derived from materiality does not last forever. For another example, imagine that you are sitting in a beautiful **resort** after arriving in a beautiful car with your family and a good relative. **Sunbathing** in a comfortable chair outside on the **lawn**. There is pure water for drinking on a round glass table in front. And even for food and drink, it is available on order. Your family is happily walking nearby. Children are playing in the **park** in front. There is a **swimming pool** in front. You are languishing by taking long and slow breaths. You will feel great joy in the darkness of your soul. Although it is like the ordinary darkness called **avidya**, but it will be full of bliss unlike other ordinary darknesses. This is because this darkness will be full of **being** and **existence** of one's own. This is Sattvaguni darkness. Means all the facilities that increase power or existence that's Satta in Sanskrit are available in front of you, but you are enjoying the bliss of ignorance. There is also a limit to the enjoyment of man's comforts. After getting tired of it, happiness comes only from Sattvaguni Avidya. In fact,

the source of happiness is Sattva Guni Avidya only, not directly the pleasures. **Avidya means negation of Vidya or knowledge.** That's why it is the darkness of ignorance. Let me give you another example of sattvaguni avidya. Suppose you are at such a place, from where a **plain** starts on one side. The **mountain** range is visible on the other side in front of you. You will enjoy more in that mixed plain area than in the pure plain area, because the inaccessible and difficult mountain in front will make you feel more existential power relatively than the real one as that's felt in pure plain area. Anandpur is one such place. Probably because of this special joy, it has got this name. The famous **Gurdwara Anandpur Sahib of Sikhism** is located here. The darkness that arises with **anger, fear, lack, anxiety**, etc., in contrast to sattvaguni avidya, does not bring joy. In these, the darkness of ignorance is against self existence. The same darkness is felt in different ways in different circumstances. This is interesting **psychology**. One step deeper than the Anandamaya Kosha is the Absolute Pure Self or soul. There is no word like bliss associated with it, because it is **indescribable**, above bliss. Most of the people are fascinated by the Bliss or Anand of Anandamaya Kosha as pure soul, and do not make special efforts for self-awakening. There is no impression of the gross world on a pure soul. That's why it is fully luminous in its original form. Actually the word light or luminosity is also worldly, the soul is beyond this. That is why the soul has been called the most unaffected, that is, untouched.

All the koshas or treasures are best opened in turn and in sequence, as if the security fences of a palace are crossed. Eating and drinking in childhood develops and opens the Annamaya Kosh. By playing **sports**, exercising and learning various works, the Pranamaya Kosha develops and opens. Then after reaching the higher classes of **secondary school** level, one opens Manomaya Kosh by taking education of complex and special subjects. By taking **technical and practical education** at the **college** or **university** level, he opens the vigyanmaya kosha. Then he starts earning money while doing **job or business**, and with the help of Vigyanmaya Kosha opens Anandamaya Kosh. By developing

that too completely, he tries to reach the soul by getting himself attracted towards Tantrik Kundalini Yoga.

With Kundalini Yoga, all the koshas can also be opened together. Yogasana and Pranayama induce hunger, and the body remains healthy. This keeps the Annamaya Kosh open. Pranayama keeps the Pranamaya Kosha open. When the Pranamaya Kosha opens, it causes Manomaya Kosha to open. Then with **Kundalini meditation on the chakras**, the Vigyanmaya Kosh opens. When the Vigyanmay Kosh opens, the Blissful anandmaya Kosha automatically opens. In the end, when the **Kundalini is awakened**, man reaches the **ultimate soul** as well.

Let me show you an easy way to cross the **treasure of bliss**. Sit comfortably on a chair in the sun. Looking at the whole body, meditate on it. This will open the Annamaya Kosh. Relax and de-stress the mind by meditating on **Nidra Devi** and chanting the word sleep mentally. **Deep breath** will come. Focus on that. Slow and deep breaths will start. That will open the Pranamaya Kosh. It will awaken other thoughts along with old **memories** in the mind. This will open the Manomaya Kosh. Then by making a determination with the intellect, keeping **witnessing** on those thoughts, continue to meditate on the body, on the breath and on the sleep. This will awaken the vigyanmaya kosha. In a short, the thoughts will merge into the soul. This will make feel like a darkness of **thoughtlessness** in the mind. This will be called sattvaguni avidya. This is because it was deliberately created from auspicious **sattva guna**. This isn't Rajoguni avidya that's born out of fighting or daily struggle of life. Nor was it born from Tamoguna that's born from intoxication, overconsumption of flash etc. By feeling bliss from **Sattva-Guni darkness**, the Anandamaya Kosha will also open. In about an hour this complete meditation will be done. If a person continues to practice Tantric Kundalini Yoga for about one or two hours beyond the Anandamaya Kosh is open, then the Kundalini will continue to move towards the soul in the form of **awakening**.

Death is an unchanging truth. But **dying** is an **art** for some, while it is **luck** for others. Some die with happiness and joy through satoguni avidya, while some have to die with great

sorrow and pain by being forced by rajoguni and tamoguni
avidya.

Kundalini Yoga as a Spiritual Science Machine

The mental body that's **manomaya sharir** is also the man himself. He would not have been anyone else. That body would be very detailed. When it is experienced as one's own self, then it begins to wane, and takes the form of the **Kundalini image**. There is also a feeling of emptiness, lightness and joy. Similarly, **knowledge or gyana** is actually of the **soul**. But **Vigyan means special knowledge**, 'vi' meaning special or vishesh in Sanskrit, it's that when the mind means the mental body is also connected with the soul. **The mind is a special form of the soul**. That's why when the knowledge of the mind is done in the form of special knowledge of the soul, then this is the **Vijnanamaya Kosha**. Knowledge of the mind in the form of an ordinary and alien object is **Manomaya Kosha**. But when it is understood as one's own form, then it is the Vijnanamaya Kosha. This is also our part or body attached to the main body, but it seems as if it is spread out in infinite directions and distances. **Actually human being is like a flying kite. The mind is the flying colored paper, the feeling of its being attached to the body is the string, and the physical body is catching that string. As long as the string is there, the kite is safe, otherwise it will go astray and** get destroyed. At one place I read written on the dashboard of the bus that the mind is like a parachute, it works well only when it is open. Perhaps this is the same what it means. In the **scriptures**, it has been said that instead of considering the mind as a visible or seen form, it has to be understood as a seer or own form. **Witnessing** is also the same, it is a simple and easy way of doing this. Even when the soul observes the mind being itself as a silent witness, the **meditative image** of the mind begins to manifest itself. This also proves that the mind is a special form of the soul, that means the mind is the form of **vigyan**. The mind exists only as long as it is considered external or alien. When it is understood as one's own self, then it starts to dim. Self possessions are always undermined and other's possessions seem better. Importance is for external or other

things, not for one's own thing or self. The mind is not destroyed in this self form, rather it becomes insignificant and slows down. This creates joy. The **Kundalini image** gets the extra power that the mind had taken in the earlier wandering state. This adds to the **joy**, because the Kundalini image remains for a long time and without any **philosophical** effort on the part of the man, it removes the extra fat from the wandering mind and sucks it, due to which the joy remains for a long time or even permanently in the far reached **Kundalini Yogis**. The light attitude of the mind is of **Sattva guna**. That's why the **mind-mixed darkness** that arises due to the weakening of the mind is called **satoguni avidya**, as explained in the previous post. This is why there is joy in it. This is the **blissful treasure**. On the contrary, the complete destruction of the mind is **tamogun**, and when the mind is in full swing, and it seems to be real, it is **rajogun**. The darkness of ignorance associated with these is **Tamoguni ignorance and Rajoguni ignorance** respectively. In the first stage there is **sorrow** and in the second stage there is happiness, not joy or **bliss**. Happiness and sadness live with each other. Bliss is beyond happiness and sorrow, and always remains the same. Bliss can also be called a mixed form of happiness and sorrow, because in this both **mind and darkness live together in equal balance**. In Rajogun, the mind is very bright, with which there is no darkness at all, hence it is happiness. When the mind gets tired and sits down, then it becomes completely lifeless, due to which darkness envelops the brain. This is sadness. This is also the extreme mode of ignorance. The cycle of happiness and sorrow continues, due to which the soul is not purified. I did not know such a deep analysis of it at the time of my initial book, although such a practical experience was definitely there. In that I have written it in such a way that happiness arises only from **non-attachment**. What has been said is correct. With non-attachment the mind moves slowly. By the way, attachment is only towards others, not towards oneself. That's why by considering the mind as the soul, non-attachment automatically arises. I had given there many examples of the principle of **detachment**. For example, pleasure is not derived directly from **alcohol** but from slowing down of the

mind with it, which is a sign of non-attachment and sattva guna. Similarly, bliss is born not directly from **meat-eating**, but from non-attachment born of dispassion born of mortal intelligence towards the life arising from it. Many such examples were given. This effect is also created by Kundalini Yoga. Non-attachment that's **Advaita** and Kundalini live together. That's why with Kundaliniyoga, happiness arises when the **Kundalini image** stays in the mind. Therefore, Kundaliniyoga is like a **metaphysical machine** or technique or trick, which automatically creates its effect, avoiding the philosophical mess of detachment. I give my own example of this. I had done some developmental work by spending enough money. But due to some invariable reasons some of them were left out and some got lost. I regretted it and didn't too, because walking is life. When a man keeps looking outside, then he is not satisfied with what he has. His own joy also vanishes from it. I started feeling disturbed. I learned Kundalini Yoga from somewhere and thought everything would be fine. Yoga returned my lost happiness, that too with interest. I also made a lot of spiritual progress. At that time its basic psychological principle was not known, but today it seems well known to me. **Kundalini is a miraculous mental meditation image**, which benefits in every way like an automatic machine. What happened that Kundalini took away the power of my lost mind. Due to this, my Manomaya Kosha changed with Kundalini to Vigyanmaya Kosha. Vigyanmaya Kosh was transformed into Anandamaya Kosh. Due to the said developmental worldliness, my three primary koshas had developed a lot. By the way, with the help of Advaita, I was also developing Vigyanmaya Kosh and Anandamaya Kosh little bit along with them, but the **rocket speed** of the last two koshas was achieved only by Kundalini Yoga, due to which the so-called minor glimpse of **Kundalini awakening** was also received.

Kundalini Yoga helps the Manomaya Kosh in the form of kite connect with Pranamaya Kosh means string and Annamaya Kosh means chakra and fly in the form of Vigyanmaya Kosh and gives pleasure in the form of Anandamaya Kosh

What happens is that when while doing yoga, the mental body means **manomaya kosh** becomes active as soon as the food body means **annamaya kosh** and vital body means **pranmaya kosh** are active, then this belief is affirmed that the mental body may feel spread in the outer and infinite space, but it is connected to our body. It is our form. Although Annamaya Kosha, Pranamaya Kosha and Manomaya Kosha get activated together during all the worldly works, games and exercises, but they get activated so fast that they do not get a chance to feel unity among themselves. At the same time man's attention remains on the intricacies of work, the technology associated with it, the fruits associated with it and other puzzling worldliness, due to which the feeling of oneness is not taken care of. Anyway, the feeling of oneness is against worldliness full of **duality**. Two opposite things cannot co-exist. Water and fire cannot live together. Due to this self-consciousness towards the mental body, the scientific body means **vigyanmaya kosha** also becomes functional. Every type of worldly knowledge comes under the category of **ordinary knowledge**. Some have knowledge of medicine, some of tailoring, some of barber, some of teaching, some of preaching, some of performing **Yagya** or **rituals** or following other religious traditions. All come in common sense means common knowledge or **gyana** because all are for livelihood

and worldly behavior. **Special knowledge** or **vigyan** is different and unique from all these, which is neither for earning a living, nor for the accomplishment of worldly behavior, but only for the complete and direct realization of the soul. Vigyanmaya body means a body with special knowledge. On being situated in it, the seeker feels as if he is a **combination of gross body, vital force and mind**. As I explained in the previous post also with the example of kite. Even if you cannot feel the wandering mind as your self, then you can feel that it is connected to the body through the **breath** in the same way as a kite is connected to a gatu or chakri means rod roll or ringed role respectively through a manjha means string. Kite flying will be a lot of fun. Sometimes above the clouds, sometimes in a distant land, sometimes on a distant planet or star, sometimes in another **universe**, sometimes in the other world, sometimes very near or wrapped in the base wheel, sometimes it will disappear from the eyes and only the wheel and thread will be seen, Then suddenly it will appear somewhere, sometimes it will fly clumsily like caught in a storm and look clumsy, like this it will fly everywhere in the **infinite sky**, but will always be connected with the **chakras** of the body. Perhaps the name Chakra is derived from Chakri itself. Haha. Now **psychologists** are also saying that the subtle body is connected with the gross body by a **silver cord**. This thread is attached to the navel. Just as the string is tied to the wheel, similarly the **yoga breath** moves from the navel. It is a simple matter, the kite in the form of experience is always attached to the self, that is, to the **soul**, that is, to one's own body. Probably that is why the **navel chakra** is called the center point of the human body. There is also a feeling of an inward stretch at the navel when **meditation** of the body is done along with the subtle body. Probably the name of the kite's string-disc is derived from the navel chakra itself. The soul will definitely get the light of the physical world from it, because then self-feeling is connected with everything. Then, according to the aforesaid, happiness will also arise and Kundalini will also manifest itself, because Kundalini picture is such a physical thing, which is most connected to the soul through meditation. Means Kundalini is representative of the connection of the physical world with the soul. General

knowledge, as opposed to specialized knowledge or vigyan, is a matter of worldliness. Knowledge quickly turns into ignorance if it is not supported by vigyan. This doesn't mean science as it seems. Pranamaya sharira means not only meditation on the breath, but also meditation on the movement of the body produced by the breath and other activities. In this case, **walking** seems to be the best **spiritual exercise**. In this, attention is paid to the whole body, its movements, its sensations and the breath. Along with this, along with purity means **sattvaguna** in the mind, the activity of thoughts is also very good.

Kundalini Yoga shows the body never dies, sometimes it is visible, sometimes not visible, however it exists always there in the form of experience

Happy Holi to all friends

Friends, in the previous post I was telling how the mobility of the mind is like the flight of a kite. Pranayama is like giving controlled motion to the string of a kite, so that the kite-like mind can fly smoothly and create bliss in the form of self-development. I even feel that the pleasure that comes during sexual play is largely contributed by the complete opening of the naked body. In that both the food body and the vital body are together close to the highest manifestation. Many people say that real love comes from the mind, not from the body. What is all of this about. How can one directly reach the innermost dungeon without crossing the outer ones? When a girl's body is lightly touched sexually, of course indirectly or mentally, then the Annamaya Kosha of the girl gets activated. **You get a good chance on Holi, don't miss it.** Haha. She feels for the first time the deepest identity of her body. She starts becoming more and more active bodily day by day. There is redness and a smile on her face. This activates her pranayama kosha too. After getting the power available from Prana, her mind runs a lot in colors. She enjoys lucid dreams. In dreams she travels to different worlds and other worlds. With this her mental body also becomes active. Because due to sexual attraction, her attention remains on her body and soul all the time, therefore her vigyanmaya kosha itself also remains active. Naturally, with this the blissful body will also remain active. It's all like a chain reaction. This is love. This blissful kosha remains active for a long time. After it is completely opened, only the soul remains to be attained. That too is found after marriage in Tantric Kundalini Yoga based Sambhogyoga. Not that this happens only with women. The same happens with men too. I

think that seeing the graceful gesture of a woman, the body and mind of a man starts jumping to have a physical relationship with her, that is the activation of his soul or prana or kundalini. It is a different matter that someone makes good use of that life force, while someone misuses it. Some use it in spiritual development, some in physical development, and some in a balanced way in both.

Let the kite of the mind fly for a while, don't take it off completely. Have a slight slant to the feeling that it is connected. Then after a while the kite itself will land comfortably. There will be no shock. There will be fun too. After landing, let it go back as per its wish. It will come back itself. If the kite is going up violently, and you pull it down forcefully, either the kite may tear, or the thread may break. Both will be weak, and there will be pressure on them. The same happens with the mind by forcing it.

Whenever there is a feeling of tiredness, pressure or headache in the mind, at that time Kapalbhati-like breathing takes place on its own. Meditation is done on the breath coming out of it, due to which the Kundalini descends. Means the exhaling breath is like pulling down the thread, due to which the kite flying in the form of mind comes down, and avoids being torn by the strong storm in the form of mental fatigue.

Not only in the light of thoughts, but also in the darkness of their absence, the experience is related to the body only, because some or the other activity of the brain remains in it as well. Even after death, the particular self form that the soul experiences is also attached to the body, because it is created by the body. It means that the body never dies. Sometimes it is visible, sometimes it is not visible, it is always there, in the form of experience.

Kundalini Yoga have Kapalbhathi Pranayama as a main component

Inhale and exhale alternately through the left and right nostrils, so that the Kundalini energy continues to circulate in the **Ida and Pingala nadis** on both sides, and gradually rises up in the middle **Sushumna** nadi. Kites also fly like this. When the string is loosened, sometimes it spreads in the sky on the left side due to the slap of the flowing wind, and then when pulled, it climbs straight up. Sometimes due to wind blowing in the opposite direction, it spreads in the sky on the right side, and then when pulled, it rises straight up. By swinging both the sides, it remains straight above the man's head even after reaching a great height. This straightness is equivalent to Sushumna Nadi. Even at the time of Kundalini Yoga, when there is a lack of **prana** in the left side of the body, and the body is left loose, the Kundalini starts flowing in the left side of the body i.e. Ida Nadi. Similarly, when there is a lack of prana in the right side of the body, the Kundalini is felt to flow in the right side i.e. Pingala Nadi. It seems as if there is a energizing movement that's **blissful**, I do not feel the pulse like a thin wire with any current. It may be impractical book talk or realized in high level practice. I feel a lot of power just from its simple experience. Even in the sky, the wind blows towards that part, in which the pressure of the air decreases, that means the life force decreases, because air is the life force. It is natural from this that Kundalini or mind or kite moves in the same direction with the flow of prana or wind. Then when the wind or Prana increases there, it runs back a little in the opposite direction, along with which the kite or Kundalini also flows, and suppose it comes directly above the head or in Sushumna. Stopping there for a moment, the Vayu or Prana reaches the right sky or Pingala, along with which the kite or Kundalini is also there. From there the journey on the left side starts again. This kind of **pendulum-like** oscillation of the Kundalini-like mind or kite goes on, and it keeps rising up in the Sushumna or in the sky.

When the kite rises very high, then it is brought down by pulling on the string. Similarly, when the Kundalini rises high

enough to cause pressure, fatigue, and headache in the brain, then the exhalation starts moving with jerks. This happens in **Kapalbhati Pranayama**, where the outgoing breath moves with jerks and pressure, but the incoming breath moves so quietly and slowly that it is not detected. Due to this, there is more awareness on the exhalation. Along with this, the muscles of the body also push down. Due to both these things, the Kundalini energy descends down the front channel, due to which the pressure in the brain decreases and the person gets refreshed and ready for mental work again. Kapalbhati produces miraculous effects. That's why only this kind of breathing is done during work pressure and lack of time, it gives a lot of benefits. Let us tell one thing here that the mind-kite does not stay down permanently, it then rises up through the back channel. It keeps on rotating up and down. It is like if a kite is given a slight pull or tunka or jerk, it rises higher. Breaths are actually the strings of the mind, as it is often said that the string of breaths of so-and-so has been drawn long means someone survived, or the string of breaths broken means someone has died. In **Shrimad Bhagwat Gita**, when Arjuna says to Shri Krishna that Lord, it is very difficult to control the mind, even more difficult than controlling the wind, then **Lord Krishna** says that O Kaunteya, the mind is controlled by practice, Especially through the practice of Pranayama.

While taking a bath with cold water, the breath starts moving out rapidly and with jerks. Most of the time the mouth is also completely open, through which the breath comes out like a bellows. Due to this the pressure of the brain comes down, which prevents headache. Probably the risk of brain hemorrhage also decreases. This increases the ability to withstand cold water and it starts to feel pleasant. Similarly, almost the same thing happens with **Vajrasana** after eating food. With this, the power of the brain descends to the digestive organs, due to which digestion is cured. This style of breath is Kapalbhati only.

Kundalini Yoga guides the natural instinct to attain the Self

Many times a man gets so immersed in the mind-kite that he does not even realize that it is connected to his body. Neither the thread nor the one who pulls it is visible, only the kite is visible. Perhaps this is **ignorance**. In this it seems that the visions of the mind have their own separate existence, and we start fearing them by making them artificial **ghosts**. By the way, in Kundalini Yoga also the **meditation picture** is visible, but it is the same singled out, and it is seen in one's own form and inside his body. Moreover, in most cases it does not have a physical existence or its physical existence is denied. For example, if a **deity**, an **ancestor**, a departed or completely separated lover is in the form of a meditation picture, then the intellect of physical reality towards it will not be there by itself. But if the Kundalini picture is in the form of a living **lover**, **guru** or other physical object, then one has to maintain **non-attachment** to its physical form, and treat it non-dual. By the way, such nature and behavior starts being formed by Kundalini Yoga itself. As I told in a previous post, how Kundalini Yoga realizes that **Annamaya Kosha, Pranamaya Kosha, Manomaya Kosha, Vigyanmaya Kosha and Anandamaya Kosha** are all interconnected. This maintains the belief that the Kundalini picture is within one's own mind, a part of one's own composite body, one's own self, not an external separate physical object. This itself enhances one's own nature of **Non-attachment** and **nonduality**. Because one cannot be attached to himself, nor can one feel **duality** in himself. No one realizes that he is not one man but a mixture of two men. That man alone has to bear the fruits of his actions, no one else comes. Even if someone keeps on making up in the mirror day and night, he or she does it out of love for someone else or **God**, not for himself. It is necessary to have two for **love**. There is no love alone. There is no theoretical difference between **attachment and love**, there is only a difference of level, behavior and attitude. According to this **psychological principle**, the soul gets purified itself by considering the Kundalini picture as one's

own self. Meaning that the Kundalini picture is adopted as a support to know your complete self. I think when kundalini meditation reaches a particular critical point, it gives power of existential self expression to soul so much that it is unable to be unexpressed beyond that resulting in to **kundalini awakening**. Probably, thoughts come in the mind only in the form of a natural effort to know the Self. But the way of understanding and adopting those thoughts is opposite to the correct one. Instead of considering them as our self, we start considering them as external, alien, gross and physical. Due to this, instead of soul getting strength from those thoughts, the confusions of the world keep increasing further and further. Meaning that instead of becoming pure, the soul becomes more and more impure. Perhaps this is the **illusion**. Kundaliniyoga tries to straighten this method. Due to this, the daily behavior of a man also starts getting transformed positively. The effect of non-attachment and **Advaita** starts increasing in his life. It is natural that the confusions of his mind start getting resolved. When the mind is healthy, the body also starts to be healthy. Individual health also improves **social health**. With social health, all the people of the society also feel their good health. In this way, the reform from society to person and from person to society spreads in the whole world like a chain reaction, which is also called **era change**.

Kundalini Chitra develops Vigyanmaya Kosha

There are many descriptions in the scriptures that happiness is within, that is, it is in the soul, not outside. But I could not find any scientific explanation for this. Probably the form of the soul is like the **existential void or the sky**. In **avidya** or darkness there is one quality of the soul remaining, the void or the sky or the being. The quality of light disappears in it. That's why the joy in it is greatly reduced, because all the qualities of the soul are related to each other more or less. In any form, the light that is experienced through the experience of the world, tries to fulfill the lack of light in the **soul**. What happens is that when that worldly light feeling is very fast, changing, i.e. dynamic or flamboyant or real like, then it cannot be mixed with the soul, because the soul is non undulating or changeless, like the nature of the sky, but on the contrary, the fast worldly feelings fluctuate quickly like waves of ups and downs means they are of the nature of change. One gets momentary happiness from them, as long as they remain, but as soon as they are removed, the darkness of the soul becomes more dense even from earlier. It is similar to how a person becomes blind for a while after coming out of bright light at night. When those worldly luminous experiences become dull due to **non-attachment** or **Kundalini meditation** etc., then they start matching with the empty soul. By this they give their light to the soul. Due to this, the lack of the soul is fulfilled and so **bliss** is felt, because according to the above **scriptures**, there is happiness in the soul itself, not outside. This is called **satoguni avidya**. Satogun is **Prakash Pradhan**. This is not only a matter of **spiritual** importance but also a matter of practical importance. Everyone likes a man who is calm and not the flamboyant one. The mental darkness of a person with a **calm** nature is also calm, while the mental darkness of a person with a fierce nature, ignorance of passion, is also fierce, deep and painful. This is the main difference between a gentleman and a scoundrel. The ignorance of a **sage** is due to being born of **sattva**

guna, whereas that of a wicked person is due to being born of **rajo guna** and **tamo guna**.

When thoughts or mental images are changing rapidly due to passion, then their identity with the **Pranamaya** and **Annamaya Kosha** cannot be felt. Because later both are much more slow moving. Means it is difficult to consider them as one with the same combined body composition. Also the mental images related to common worldliness or livelihood are physical, because they are associated with the so-called material world, but the soul is immaterial, so they do not match. It is easy to associate mental images that are like static or slow and immaterial with this body group. In the **Punjabi language** and in the **Sanskrit language**, there is long path style or slowness, which increases the quality of goodness or sattvaguna. That's why the use of these languages creates joy. The darkness of avidya that keeps on arising during worldliness through them, is the form of satoguni avidya. It is blissful. Similarly, keeping a beard like **Sadhu Baba** also makes a man's behavior slow, **contemplative**, that is, **satvik**. This is why Baba remains intoxicated with bliss.

When a man attains a high position or object, the elders of the house keep him calm by preventing him from jumping too much. In our childhood, our mother used to bring us down from the sky to the ground immediately after some big achievement. In most of the cases, she did not let us fly in the sky of ego. She belonged to a family lineage of good and **Vedic rites**. If there is no contact of elders and **sages** in someone's circle, then he flies far away with the achievements for a short time. Then, when the intoxication of flying breaks, he falls and starts drowning in the pit of depression, and the world starts considering him as **crazy** or mad, then he comes to his senses. But by then he would have lost a lot of joy and progress of the soul. That's why it is not that this **psychological** principle of sattva guna avidya is applicable only in spirituality. This is equally applicable in worldly dealings too. Perhaps that's why it comes in abundance in the **scriptures** that one has to suffer or do **penance** to attain knowledge. The scriptures believe that a person troubled by the sufferings of penance or lack of worldly goods will definitely find happiness in the soul.

When the gross body is also felt along with the thoughts, then the body gets their power and the burden of the brain is reduced. Means the force which was causing pressure in the brain gets transformed into the contraction of the muscles. Thoughts remain but fading with joy, they come to different **chakras** and dissolve. This happens because the chakras are not flooded with changing thoughts like the brain or mind. Infact chakra is not a dedicated organ for feelings like brain. Only one picture, mainly the Kundalini picture, remains on the chakras for a long time. This long stay of a sharp, quiet but unique mental image is a symbol of **virtue**. The avidya that arises from this is satoguni avidya. This is the bliss treasure. It is like a quiet and bright and non physical though unique candle flame mixed in the dark and quiet self more than other vibrant thoughts comparatively. Only the Kundalini picture that remains stable for a long time makes the best **vigyanmaya kosha**. It is a knowledge of immanent existence like the soul, but still a **special knowledge**. Meaning it is neither **enlightenment** or **awakening**, nor ordinary cosmic knowledge, but special knowledge or **vigyan** which is undoubtedly close to enlightenment.

Kundalini Yoga does not talk about rejecting the world

Friends, there is a lot to write, words are few. The riddles of spirituality are very strange, which have been written hard to understand. How everyone can believe. It is said that don't run outside, feel inside yourself. It is like a double edged sword. If someone sits down with his eyes completely closed, he is sure to suffocate and die, but if someone pretends to keep his eyes closed even with his eyes open, he will survive. Now I have become Premyogi Vajra. I have nothing to hide about myself. I have seen countless beautiful sights of all kinds. But I kept distance from those views. I didn't even speak a word to some, but drank them with my mind's eye. It also happened because of my family's **spiritual environment**, and there must have been many other favorable circumstances due to the influence of previous lives. But theory being theory, it applies knowingly as much as unknowingly. What happened is that by not running

obsessively towards the beautiful sights, the principle felt that I was experiencing all the sights inside myself, inside my mind, inside my body or inside my **soul**. This is also true. The external views are just a means to reveal the inner view. As I have been trying to go to the root of the body's **blissful kosha** through the last several posts. Don't know why it feels like something is missing. The **scriptures** need scientific explanation. It is said that Yoga is **scientific**. But it doesn't happen just by saying. Today it needs to be proved. **Sexual love** is at the top in worldly colors and sights. If one can remain detached from sex even with love, then what can be greater **detachment** than that? From that the soul will get miraculous power and it will be awakened the fastest, just within a year or two. **Lord Shiva** was also like that. Goddess Parvati used to shower her life on him, but he remained unattached and immersed in his **meditation**. He also used to love **Goddess Parvati** very much, but used to pretend to be neutral. Due to this, according to the above **psychological** principle, all his love used to be attached to his soul itself. Then why doesn't his soul always remain awake? This shows that no one can be a greater actor than a Yogi, especially a **Tantra Yogi**. Contrary to Lord Shiva, if someone was a fanatic or an idealist or a scripturalist etc or mindless, then he would have rejected a girlfriend like Goddess Parvati calling her a spiritual obstacle and gone away or would have become attached to her like a bumble bee on a flower. You can understand what would have happened then. The meaning is clear that the **middle path** of Shiva or **Buddhist** is the best. Well easy to say, difficult to do. In the scriptures the term rejection has been given to non-attachment because it is closer to rejection than to adoption. The scriptures are emotional. People do not understand their feelings and start blindly following them. If a common man had seen Mahadev Shiva, he would have said that he has rejected Goddess Parvati. To say that he got married later means that it happened after the attainment of knowledge. At first he used to be meditating somewhere and Goddess Parvati searching for him somewhere else. Of course, Shiva had settled Parvati in his mind as meditation image and always remained blissful in her meditation. People must have thought that was his penance. Little do they know

that the matter is something else. Who has seen by going into the mind? Actually the real detached man has adopted the whole world as his soul. He does not feel that he has rejected the world. But the people of the world feel like this. That's why common people with little understanding start talking about rejecting the world they see. Even the lover sometimes feels that his lover is rejecting or ignoring her. That's why when this happened, Shiva used to appear in front of Parvati for a few moments to console her, and then disappeared. Let me tell you that the power of expression reaches the soul through Kundalini i.e. meditation. You can say that with **non-attachment** you feel the meditation picture manifesting, no soul etc. The pure soul is like the empty sky, it cannot be felt directly in the presence of the body, it can be felt only in the form of meditation. Shiva became the biggest **Rasbihari** or **spiritually romancing**. How can anyone compete with him? It takes many years for the common man to gain ultimate knowledge through love. Till then he cannot even console his girlfriend like Shiva. If he starts giving, he gets carried away by feelings and remains deprived of attaining knowledge. Worldly honour related restrictions are also there. Everything changes after years, even the mind of the girlfriend. Some even distance themselves in the beginning by accusing them of infidelity. Haha. Wow to Lord Shiva's luck and leela with the love of Goddess Parvati, getting complete knowledge from her, then marriage with her and romancing only with her. No one else should come in the way of love. If this happens in common worldliness, then there will be a shower of **heaven** and **nectar**. In the same way, one should keep on loving God without considering him unfaithful. They love humans a lot, that's why they keep on showering countless facilities like air, sunlight, water etc. on man, of course they remain completely unattached and like distant. Someday or the other they will definitely adopt.

Kundalini Yoga showing us or aliens the techniques of long distance interstellar travel

Friends, I was telling in the previous post that **meditation** on the body is very important to open the **Annamaya Kosha**. It is necessary to have knowledge before meditation. That is why there is an abundance of descriptions of the body as a **universe** in the **scriptures**. At the same time, the description of the universe in spiritual terms is more than the body. Probably because at that time there was no practical scientific technique to check the subtlety of the body, so this method survived. **Physiological philosophy** blends modern science and ancient spiritual knowledge, resulting in an excellent understanding of the body. Probably that is why the book **shrivigyan darshan** has become an object of praise. It can be called a gateway from science to spirituality. The last few posts were more inclined towards **quantum physics** and **space science**. Although those were also associated with the science of Kundalini Yoga. This is because nowadays most of the people consider physical science as science and not spiritual science as science. **Teleportation** can be possible only through spiritual science. It is possible that the **spiritual science** will become so advanced that the man of this earth becomes a subtle body and goes on a tour of the whole universe, and after living in the body of some living being somewhere on some **planet**, comes back to the earth. It is also possible to exchange subtle-bodies with equally advanced beings for some time and return to their respective planets after spending some lives on each other's planets. The infinite universe can be crossed only through the **subtle body**, not through the gross body. Yogis used to go on such journeys in the olden times. **On the whole, being enlightened, man becomes situated everywhere at all times, which is the highest level of space travel.** This seems to me the easiest and correct way of **time travel** and **space travel**, of course anyone can try with physical body too. It is possible that the **aliens** came to know about the earth through that

only, after which they started coming here through **UFOs** as well. **Cryosleep, light sails, wormholes and warp drives** offer possible solutions. Unfortunately, these may only be daydreams, which would mean that long distance **interstellar travel** is not possible. Not me, many scientists are saying this. Means only **Tantrik Kundalini Yoga** and **Karma-principle** can take human from earth to other planets. Direct teleportation of the body can also be imagined for entertainment and excitement. A similar concept has been dramatized in the web series “Lost in Space”. I saw this recently. I found it nice and binding. I am not campaigning for anyone, but speaking from my heart. The truth should be told, if someone’s publicity is hidden in it, then let it be, why to bother.

Some diseases seem like man’s attempt to become superman

Scientists are even claiming that the **genetic diseases** that are happening in man are due to the **DNA of aliens**. Once the aliens had taken away the women from here and sent them back after impregnating them or gave birth to children there. Then that DNA spread to everyone. This happened to make man **superhuman**. I think of my **ankylosing spondyloarthritis** as a foreign disease. This disease forces me to do yoga. This proves the claim of the scientists to some extent. I think that prostate and piles are also such genetic diseases. These also make a man like a **yogi**. Old people must have understood it in such a way that yoga becomes successful by suffering, due to which the word **penance** would have increased. Nowadays cancer is also increasing. This is also a disease related to genetics. May be it is a defect born during nature’s attempt to make man a superhuman. Anyway, many great yogis have had cancer, especially **throat cancer**. The second purpose of writing about quantum and space was to be of some help to scientists, as they appear a bit puzzled and frustrated in these areas. Now back to spiritual science, because the fun that is in it, is nowhere else. **Materialism increases the thirst, then spirituality quenches the thirst. Both have**

their own importance. Even in the **Gita, Shri Krishna** says in clear words that **“Adhyatmvidya Vidyanam”**. Means I am spiritual science among the sciences. Meaning, he has considered spiritual science to be the best among all the sciences. Nevertheless, as the puzzles of physics continue to be solved, we will keep mentioning them from time to time.

Kundalini Shakti can revive even a dead body

One such spiritual practice is Parakaya Pravesh that's body exchange, which I was referring to in a recent post. Legend is that Adiguru Shankaracharya defeated the scholar Mandan Mishra in a debate. Then his wife Bharti started discussing. Bharati asked him practical questions related to Kamashastra that's romantic matters, but because he was an unmarried celibate, he could not answer. To get the answer, he had entered the body of a householder king who had died. A film has also been made on this. Contact can be made with the subtle body of a dead person, as I was telling my experience, but it is not known whether it is possible to enter the subtle body of a living body. It is also not known that how the subtle body can make it alive by entering the dead body. Science says that the cells of the body die shortly after death. They get irreparable damage, which means they are so damaged that they cannot be revived. Science can say only as far as it has access. We actually take science as final, and do not think beyond it. The truth is that science keeps challenging science, while making progress. New theories reject previous theories. It is possible that the dead cells which science considers unworthy of repair, can be repaired by spiritual science. Means dead cells can also become alive by yoga. The common man should not know about this because he does not know how to do such yoga. It comes in the scriptures that Rakshasguru that's demon master Shukracharya used to revive dead demons with his Sanjivani Vidya that's resurrection trick. An eyewitness friend of mine had told that he himself had seen a monk in the Kumbh Mela bringing alive a dead bird with the help of Pranavidya. Now I cannot say whether he was telling the truth or a lie. I even feel at times he lied. Still, let me be open minded. Not only this, many more Siddhas claim, especially in the scriptures. Although it would also have some condition or limit, which would be more liberal than the condition and limit of physical scienc. When the body can remain healthy by the Prana Shakti of Kundalini Yoga, and the sick body can be healthy, which is called Yoga Healing, then the dead body can also be

alive, if today's science is put aside. If yoga can repair a living cell, why can't a dead cell be repaired? It is possible, but more yogic power will be required. If a slightly broken chair can be repaired, then why not a completely broken chair. It is possible, but it will take more energy of the body.

It comes in Ramcharitmanas that Hanuman ji had brought Sanjivani herb from the mountain, by eating which the dead body of Laxman became alive. It was necessary to feed it before sunrise, otherwise it would not be effective. I think it means that within twenty four hours a dead body can be revived even by spiritual science, after that its cells are so damaged that they cannot be repaired even by spiritual science. Nowadays Ramcharitmanas is also in discussion. A scientific explanation was given to counter the misinformation spread about one or two sentences of this scripture by some elements under the influence of misunderstanding and vested interests. For not accepting that truth also, they faced human opposition too. Still, on which side the camel of democracy sits, cannot say anything.

Kundalini Yoga makes peahen become pregnant by drinking peacock's tears

Friends, in the previous post I was talking about how some diseases especially genetic diseases lead a man to become a **superhuman**. I have myself observed that those who are affected by those diseases in the later part of their life are very sharp minded in the early part of life. Meaning that they are very close to **awakening**. Some even become awake. Perhaps their energy, which is saved by the failure of any system of the body, is spent in increasing the intellect and creating awareness from it. By the way, those type of people seem a little different from the general society. They shine differently among all. Their behavior is also like different and special from most, and their work too. No doubt they are attractive. Many people long to be friends with them. People also get a lot of benefits by making friendship with them, although it may be difficult at times due to their strange nature. Similarly, in the previous post there was discussion on the possibility whether a dead or dying body can be revived by Kundalini Yoga. I think it can happen if the energy is correctly focused on the diseased parts of the body with its proper rotation. But it requires a lot of time and **subtle yoga techniques**. This is a very subtle science. I read in Autobiography of a Yogi and many other places a true story that a daughter-in-law who eats a lot, was sitting in a secluded place, saddened by the taunts of her mother-in-law, when a yogi taught her yoga to concentrate the life force at the **throat pit**, After which she never needed to eat food. One can concentrate energy in the pit of the throat, but one does not know the subtle techniques that produce that effect. Some will have a heavy head, some will have a **headache**, etc. The biggest thing is how to believe that the effect has been created. Because even after being affected, a person will continue to eat forcefully out of fear that he may die of hunger. The same happens in the case of all learning, when a man does not believe or does not know that he has learned. That's why a knowledgeable teacher or **Guru** is needed. Now,

just as a loving couple transmits energy or Shakti or whatever named within each other, similarly an adept yogi can transmit power to a dead body as well, so the theory says. Perhaps this is the basis of the **Mrit Sanjivani Vidya**. Many people keep breaking or rejecting friendship because of small things, due to which they remain deprived of their benefits. For example, one day a Facebook friend of mine shared a post making fun of the unscientific myth that peahens get pregnant by drinking peacock tears. A **sadhvi** who gave such **discourse** was also ridiculed. It had become his habit to do propaganda without any argument. I gave him a spiritual explanation for this. I said brother, such stories have very entertaining and enlightening spiritual meaning, please don't connect them with the material world. The peacock dances looking at the clouds. Means he knows how to be happy even in the atmosphere of **depression**. Peacock is like a Yogi. Probably that is why **Yogishwar Lord Krishna** used to wear Mormukut that's peacock feathered crown. Meaning peacock let the tears of sorrow or depression fall. He didn't stop them. He allowed the mood of depression to express itself. Thoughts of depression were allowed to rise a bit. The peahen here symbolizes the intellect and the peacock the **soul**. Peacock means the soul is experiencing depression in the form of darkness of bitter or sluggish thoughts. Wisdom accepted the power of bitter thoughts expressed in those tears, and gave birth to a son in the form of beautiful and powerful thoughts. In the **scriptures**, there is a trend of calling strong beautiful thoughts of the mind as sons. Kundalini picture is the most beautiful and powerful thought of mind, so she is given the form of the best son or **Kartikeya**. According to the best method, the intellect decided to do Kundalini Yoga. Due to this, the power of bad thoughts got attached to the brightening Kundalini picture, due to which the darkness of depression ended, and possibly Kundalini awakening also happened along with it. The intellect of the one who was not a Kundalini Yogi, in an artistic way made the man do such activities, which generate beautiful thoughts, such as writing, painting, music-playing, acting etc. In this case too, these beautiful thoughts took the power of the foggy thoughts of depression. It is clear that the balloon of depression should

be allowed to burst, it should not be kept locked inside. The same thing happened to me once, when many roads in the world were closed in front of me. There was no new work, so old sluggish thoughts were pouring out like peacock's tears. Then I gave the power of those thoughts to Kundalini Chitra through **Tantrik** Kundalini Yoga. The friend did not discuss the above explanation, but got out of the friend list. This pretty much proves that my unanswerable analysis was correct. The propagandists disappear by initial verbal firing like this. What is your opinion?

Kundalini Yogi destroys ego and tantric sins in the form of Hiranyakashipu with the help of meditation picture as Lord Nrisimha and saves soulful intellect as Prahlad

Friends, in the previous post, how the peacock became a Yogi. **Yogi's back energy channel is male peacock, while the front channel is peahen.** In an atmosphere full of depression, the power of Muladhara creates many faulty thoughts in his mind, because the power does not find any other way to be spent. He drinks the same thoughts i.e. tears by touching the inverted tongue to the soft palate inside the mouth as Khechari mudra. The same tears descending through the front channel take the form of Kundalini image on the chakras, especially on the navel chakra, which means the **peahen becomes pregnant.**

According to a legend in the **Puranas**, a **demon named Hiranyakashipu** sought a boon from **Brahma** that he should not be killed by humans or animals, neither in the day nor in the night, neither inside nor outside the house, nor by astra that's fired weapons or shastra that's handheld weapons. Hiranyakashipu considered **Lord Vishnu** as his worst enemy. But his son **Prahlad** was a devotee of Vishnu. Hiranyakashipu explained a lot to him but when he did not agree, he made many attempts to kill him. Once he got the iron pole red hot and asked Prahlad to stick to it. When Prahlad saw an ant crawling on it, he hugged the pillar without fear. Only then a strange creature came out of it, whose face was of a lion but it was a man from below. His name was **Narasimha**. He took him to the door of the house in the evening, took him on his lap and killed him with his nails.

Hiranyakashipu is also a symbol of **tantric sin**. Tantrik **Panchamakar** is sinful mostly. The tendency of sinful energy is more towards the material world. That's why it

does not allow man to go towards spirituality. But by **Guru's grace**, a man's trend becomes towards spirituality. It has been said in the story that the teacher of the school turned Prahlad towards **spirituality**. Then Hiranyakashipu removed that teacher and appointed a new teacher who gives physical education full of deceit. But Prahlad's nature did not change. The meaning is clear that the **blind power** tries to take away even from the true Guru, but even if a little contact is established with the true Guru, it does not succeed. As a result, these tantric sins inclined towards spirituality make the **Sushumna** of man activated. This is the making of red hot iron pole by Hiranyakashipu. The yogi's joining the meditation picture with it is his embracing it, for man's own form is also that which he is meditating on every moment. The awakening of Dhyanchitra that's meditation image means the manifestation of Lord Narasimha, by whom along with all other sins, those tantric sins committed for the success of **Kundalini Sadhana** are also destroyed. This is the killing of Hiranyakashipu by Nrisimha. The appearance of Narasimha from that burning pillar in the evening means that at that time Sushumna becomes more active than other times and most likely awakens the image of meditation in Sahasrara. **Sushumna Nadi is that fiery red iron pillar.** Sushumna also resides inside backbone stiff like iron. Because many people consider the picture of Kundalini as scary like a **ghost**, because it does not have a physical existence, that is why it has been given the form of a fearsome Narasimha. Meditation picture is neither human nor animal. It can be understood in such a way that when half-human forms like **Hanuman, Ganesha** are meditated upon, then **Dhyanchitra** is most expressive. He is neither inside nor outside. This means that Dhyanchitra is not a physical object, but only an **imaginary picture**. It is formed neither during the day nor at night, but it is formed in the evening while doing Kundalini Yoga. He takes Hiranyakashipu in his lap and punctures his belly with his fingernail, that means by lifting up the subconscious and unconscious mind from Muladhar hidden there as ego, he eliminates them by manifesting them on the chakras, means this is Vipasana Sadhana. **In Sahasrar Chakra, it remains fully manifested, and remains asleep in Mooladhara, so it**

does not come to die in both the places. It remains semi-awake or semi-conscious only in the middle chakras, that's why it comes to die in the middle. This is also the principle of witnessing in Vipassana practice. This is **Chakrabhedan** that's chakra piercing through **Shakti**. First the dormant thoughts and desires from the surface of the subconscious mind are awakened by life force and expressed on the chakras, then they are penetrated by the flow of life force on the chakras. In fact, those desires and rituals are pierced or destroyed, but chakras are believed to be pierced. Because the **navel chakra** of the stomach is the most prominent, hence Hiranyakashipu's stomach has been said to be torn open. Because most yogis strengthen their meditation by placing the tip of the fingernail or atleast finger on the chakra point causing the sharp prickling sensation at the chakra with the fingernail, that is why it is said that Narasimha tore Hiranyakashipu with the fingernail. **Neither a human nor an animal can kill the ego. It cannot be killed by any type of weapon. It can be killed neither completely being outside i.e. extroverted, nor completely being inside i.e. introverted, but only by a suitable mixture of both.** In this, the killing of Hiranyakashipu in the balanced or middle states tells that Sushumna is active only in the state of **Sangam or union i.e. Yinyang**. The Kundalini Yogi who feels a slight sensation like crawling in the back i.e. Sushumna, makes him believe about awakening of Kundalini, due to which he engages in yoga practice and activates Sushumna and achieves **Kundalini awakening**. It is said as Prahlad saw a worm crawling on that burning iron pillar, convinced with that he embraced it, from which Lord Narasimha appeared.

Kundalini meditation as a mental illness streamlined by sexual energy based Tantra

Continuing from the last post, only Prahlad went to persuade Hiranyakashipu, because he was not agreeing to the persuasion of any deity. This often happens after awakening. Understand it in such a way that a man who has fallen from infinite consciousness is very energetic and active. He will also try to bring other people on the path because no man can move forward without the society. Well this mostly happens when a man gets awakening at a time when he is full of healthy energy, like adolescence and puberty. How can a sick, weak and old person change the society, even if he changes himself, it is enough. Prahlad was in the energetic childhood stage when he got awakened. This will make people jealous of him, angry at him, and may even persecute him, as happened with Jesus. This can cause sin to the society, which can lead to the misery of the people living in it. Means on their part people try to pacify the awakening, because the gods in the form of different organs or parts of the people are situated in their bodies. Gods never want anyone to become like a sage, because they work to excite and expand the world. But the sage pacifies the world. That's why people inspire him to do Kundalini Yoga. This happens even itself, when people make him a type of boycotted. Then in the boring atmosphere of loneliness, what will the awakened person do if he does not do Kundalini meditation. Others do not see the meditation picture. They guess that it is a scary ghost. That's why the deities imagined it as the lion form Narasimha. But Prahlad knew that it is the ultimate lover and well wisher, not an imaginary ghost etc. Perhaps people also compare meditation with states of insanity or hallucination or demonic possession or depression or intoxication etc., unknowingly of course, due to centuries of confusion in their subconscious mind. And of course, a man who has been cheated in love also lives madly in the memory of his lover like a corrupt dhyana-yogi. Probably that's why it is emphasized to get him married somewhere soon, so that

he can get some support from tantric sex power. Most of the films are made on this issue. It's strange brother. Once upon a time I accidentally consumed tobacco, once cannabis, and once an anti-anxiety medicine. In all three cases, the meditation picture was jumping in my mind. Looked clearly like a real man to the extent of hallucination. But it was accompanied by dullness and stupidity. There was less joy. It seems like depression as I was not willing to talk to anybody but to be immersed in maddening type self bliss. There was also restlessness and weakness to some extent. That's why a great attention on health is given in Yoga. I think that the sexual sensation of Muladhara has a great contribution in the joy of meditation. By eliminating the so-called negative and depressive symptoms associated with meditation, it makes a person more properly normal ie even healthier than the normal. Perhaps it stems from yinyang, because without a sexual pair, sensation has no proper meaning. This sensation enables the brain to bear the pressure of Kundalini awakening, because the nature of both is the same i.e. the form of bliss. Where mental illness or mental fatigue or disturbance of mental chemicals or other mental irregularities or intoxication etc. are the main reasons behind the appearance of things in the form of illusion, whereas in the state of meditation or Kundalini awakening the mind is completely healthy and fresh, even more than a normal healthy person. Where a man in a state of mental illness is almost incapable of functioning, on the other hand, in a state of meditation, he is fully capable, even more so than an ordinary man. Where in the state of meditation man gets pleasure due to witnessing towards worldly works and resolutions, the mental patient does not. That's why a mental patient looks anxious and withered. One can only bear witnessing to healthy thoughts of worldly works as usually formed in the mind of a healthy person. But often this does not happen to mental patient due to bodily and mental weaknesses and defects. The truth is that only a healthy man can do healthy meditation. When the yogi becomes engrossed in Kundalini meditation, then people get good chance to get rid of his so-called insanity and go about their business with the same enthusiasm, attachment and duality as earlier and usual so that the deities are pleased. This is

why it is said that Prahlad pleased Lord Nrisimha with praise. With this, leaving anger, he became calm, due to which the gods and the world were saved from destruction.

Kundalini based sexual Yoga prepares the brain for awakening

Friends, in the previous post we were talking about the comparative study between Kundalini meditation and psychiatry. In the same episode, it also seems that such and such psychopaths can be treated with love therapy. That's why it's often common saying that Love makes one helping de-addiction. Love is a supertonic. Mental illness is not always bad, as is commonly believed, but it can also be a godgift. Probably that is why mental patients are seen from a special divine perspective in Hinduism, they are seen with respect. Here they are rarely sent to a mental hospital, unless there is a serious danger. They are the main source of entertainment, and the main point of attraction in ceremonies etc. Yet for the most part they are treated with respect, and they are not hurt. They are not even considered a big burden on the society. I feel like Muladharvasini Kundalini Shakti enables the brain to withstand the pressure. It probably increases the flexibility of the blood vessels, helping them to increase blood flow without having to bear much pressure. It used to be strange when common people used to sit holding their heads in the name of meditation, but in my mind there was dhyana samadhi all the time due to the power of sexual yoga. I was in full influence of Tantric Sexual Yoga when I had a momentary Kundalini awakening. Otherwise it would not have happened to me. The body knows when to do what with itself. It fully opened the back channel for awakening only when the brain became capable of withstanding maximum pressure by being under the influence of Kundalini Shakti of sexual yoga continuously for two to three months. I unknowingly lowered the Kundalini not because I could not bear its pressure, but because I was afraid that I might fall behind materially. Because I had the same experience in the past. Don't know what magic this orgasmic power does. It is a blissful power. Sexual yinyang grows out of devotion and surrender to each

other. That's why a lot of emphasis is laid on these two spiritual attributes. What happens is that only with full dedication towards each other, Yin and Yang immerse into each other completely. What can be better than sexual surrender? Yinyang is there in everything, but surrender is only or best between man and woman. The closeness and interconnectedness that is formed between a pair of a loving man and woman, is not so much formed between anyone. That's why loving relationship and surrendered sex is the best storehouse of yinyang unity. Therefore it is natural that this is also the best basis for physical and spiritual progress. Yinyang is completeness, Kundalini awakening is completeness, Godliness is completeness. The material world also comes under this perfection, it is not different from it.

Kundalini meditation and awareness meditation are not different from each other

Friends, in the previous post, we saw the miracles produced by true and surrendered love. You can guess for yourself what will happen if the reverse happens. The same reverse game is going on in Love Jihad. Due to such terrible contagious diseases, there has been a gap of mistrust between men and women for centuries. It is not from today, it has been going on for centuries more or less, in this name or that name. Today it is coming in front of the world in this way. It takes years to build trust, but only moments to break it. The body can be won by force, but the heart can be won only by love and faith. The wonderful film “Kerala Story” made on this has nowadays become the center of international discussion and attraction. But this is not the subject of this blog, it was talked about in relation to such a post, so this current issue got added by itself.

When attention is focused on an idol etc., then the power of wandering thoughts gets concentrated there. There is only one way left for the latent power of thoughts to appear, to appear in the form of meditation picture. Yogis focus on the chakras of their body rather than on the idol. The same thing happens to them. Along with chakra meditation, the body also remains healthy. Those who do not believe in them imagine some invisible God living in or on the sky. The same thing happens to them. The meaning is clear that no one is a disbeliever or so called infidel or Kafir. At the same time, by meditating on the river, mountain, tree, that is, by worshiping them, all of them also remain healthy like the chakras of the body, because the life force of man is felt and incorporated in them too. The protection of the environment is hidden in this basic mantra. The same principle applies to awareness meditation. It is said that awareness meditation is very beneficial. I recently had the chance to meet a new friend. He also does a good practice of Homeopathic Medicine. Anyway, homeopathy is very similar

to the Indian sage tradition. Had gone there in this connection and got to know a little. Knowing his hobby for literature and spirituality, I also started talking about it. It is said that only the jeweler should be shown the diamond, the common man will throw it in the drain thinking it as a stone. I was very impressed by his statement that one should live with awareness all the time. Osho Maharaj also says exactly the same thing that do every work with awareness. He himself seemed like a follower of Osho to me. One gets benefit from satsang, as I got. I could get to the bottom of its psychological principle. I feel that when we are paying attention to any sensation that the body is feeling at present in real time, then the manomaya kosha, annamaya kosha and pranamaya kosha are mixing together, as I explained in detail in the last few posts. By paying attention to the sensation of the present, attention automatically goes to the body and the breath, because all three are connected to each other. Although thoughts of past and future events also come under mental sensation, but body and breath are less associated with them, because there is no real time physical body of present time situated in the past, nor in the future, it is only in the present time. That is why it is said that one should remain situated in the present. I think that when one meditates on the physical sensations associated with the present situation, it leads to enforce the belief that they are connected to one's body. This automatically leads to the belief that his non-present mental sensations such as various feelings and thoughts are also part of his body, because the sensations, whether physical or mental, whether related to present, past or future, all have exactly the same basic nature and experience. This calms them down, because then there is no attachment, or love for anyone. None gets attachment with himself, because one's own self is already and forever attached to him, nothing can separate it, as it's one's own form. Attachment only happens to other or separate one. Means mental defects like lust, anger, greed, attachment, pride and jealousy calm down and make life happy for oneself and for others too. Spiritual progress also happens in this peaceful environment along with physical progress too. The proof of this is the clear manifestation of the Kundalini meditation picture in mind in such a cool state.

In addition, Kundalini meditation makes the brain so agile and sensitive that it begins to deeply feel each and every physical sensation, which in itself creates a habit of practicing awareness. Along with this, man also feels that when all the sensations are the same, then why is he more attached to one sensation and less to the other. He should be equal and impartial towards everyone. That's why he becomes calm by being fair and neutral. Or understand that the attention is diverted from the sensations of attachment to the normal present time physical sensations.

Kundalini Yoga and Sigmund Freud's psychology say the same thing

From the analysis of some of the recent past posts, it seems that what we consider to be mental illness may actually be symptoms of the mind moving towards awakening, but because of not being able to handle them properly, they become mental illness. I can also prove it from my own experience. At any particular place where I got sexual power, my meditation picture made me top in every field, be it spiritual or physical. But where I didn't get that, it also made me look like a psychopath. Of course, that sexual force may be imaginary intercourse, even if it is a permanent mental picture of the imaginary sexual partner like a samadhi. Even if of course it is a man instead of a woman. In such a situation, I did not feel any harm in **homosexuality**. However, it is a different matter and what I feel that Kundalini awakening comes only from man-woman love, because the complete combination of yin and yang can happen only between man and woman. Readers may find this strange.

Sigmund Freud, the great western psychologist, says that there is sexual ecstasy ie orgasm in every part of the body. This has been said in **Tantra** since a long time ago. That's why the arrival of Kundalini Shakti on the chakras means to experience **sexual ecstasy** there. The meaning of Kundalini Yoga is to provide all the chakras turn by turn that sensual or orgasmic sensation by elevating it up from Mooladhara. This orgasmic and blissful sensation is like a **super tonic**. It enhances and balances all the biological activities of the chakra it reaches. All the organs and biological parts that come under the influence of that chakra, they also get benefited like the chakra itself. Because the whole body is covered in all the seven **chakras**, therefore the whole body becomes healthy and balanced, diseases stay away from it. In fact, sexual ecstasy of the genitals only works to increase the natural or inherent sex ecstasy of the chakras, as their own ecstatic sex is already inside them. This inner sex drive

of theirs is at the base of various biological reactions and processes. The genitals only give it an extra push. Think of it as their own orgasm is like an engine running on its own at idling, and the **orgasm** of the genitals is like the accelerator pedal of a car. If sexual ecstasy of the genitals was everything, then even a failing heart would have been triggered by it. But this does not happen. It's like pressing the accelerator pedal won't start the engine if it is stalled or is stalling due to faulty parts like pistons etc.

At one place, Sigmund Freud takes a slightly different view. He says that sexual power is the biggest, that is, it is the prime motivator, but in our Tantra philosophy it has been said from the beginning that **willpower** is a bigger motivator than that. If Freud was right, everyone would have been awakened, because everyone has sex. The truth is that even through sexual intercourse, only those people get awakening, who have already made a determination in their mind to attain **Guru** and **awakening** through yoga practice and other spiritual methods. Will try to discuss this in detail in a new post.

Kundalini tantra can curb religion born mental illness

Friends, in the previous post I was telling how Kundalini Yoga used to make my mental state stable and healthy. A friend was saying that a crippled mind cannot be cured by love etc. According to this, even Kundalini cannot be awakened by love. But it happens. There are different levels of brain degeneration. We do not say that everyone will become healthy, but there will be some improvement in everyone. Even all physical patients especially congenital or genetic patients are not cured by medicine. I meant to say that when Kundalini Yoga looks like a mental illness, then even mental illness can be made like Kundalini Yoga. Perhaps this is why mental illness is viewed from a divine perspective in most religions. **When meditation is spoken, but the necessary energy is not arranged for it, then mental diseases will surely spread. I will not pinpoint any particular religion. But it is known to everyone that most of the extremist type people who hardly believe in religion appear like mental patients** or are real mental patients at this time. **Pakistan** is a living example of this, where according to a report there are about more than fifty millions mental patients. *It also appears if there is excess energy in any religion, then there is no meditation in the right way, or there is no meditation at all and vice versa. Only Kundalini Tantra seems to me to be an exception in this, because it also speaks for meditation, and also arranges the additional energy required for it.* Due to the lack of proper meditative dhyana and energy, religion or spirituality becomes something else, it becomes completely opposite, it does not remain in its original form. **Eckhart Tolle** got the experience of awakening at the peak of depression. Means he was not mentally ill but was undergoing natural Kundalini Sadhana, which he and the people of the world mistook for depression, that's why they were not able to handle it properly. There are many such examples. A cerebral palsy used to come into our office quite often, running with his foot shoes on his head. One had to shake hands with him cheerfully and jocularly, or else he had to pay a rupee. If not

found, he used to run away by picking up a small piece of soap. Once in front of us he slapped a stranger so hard that he was completely shaken. I felt that he was angry with me but fearing my tantric power, he took his anger out on him. To this day, I see the regret of that incident on his face. It is love that was keeping him on the line. Similarly, an unmarried and low-level differently-abled person, influenced by my Kundalini Yogashakti, used to do many works for me almost without any remuneration, but I used to give it to his family members in his name. Why shouldn't it be understood that in mental diseases like **Alzheimer's**, due to the deterioration of the main parts of the brain, the excess neurotransmitters that accumulate, they create an imaginary picture that looks real in the form of **hallucination**. Similarly, the same thing happens when the mind is controlled and pacified by yoga that's how Samadhi develops. But in the first case, this samadhi-like image is unhealthy, uncontrollable and devoid of the purpose of awakening, but in the second case it is a healthy, controlled meditative image, which brings about awakening. Have the **communists** invented the phrase "**religion-form opium intoxication**" because of this confusion? The rest, we leave this topic to **psychologists** and psychiatrists, because we do not want to stray from our original topic.

Kundalini image takes over the entire creation by taking the incarnation of Lord Vamana, awakens and sends the egoistic King Bali to the underworld

Friends, in the previous post, there was a little talk about religion. Religion or Dharma in Sanskrit literally means lifestyle. Whose lifestyle is fanatic, he lags behind. Nokia didn't keep up with the times. At the same time, it was also concluded that many people who are thought to be psychopaths and are suppressed by drugs, exploitation or social ostracism, are actually patients of awakening. I wish psychology could differentiate between the symptoms of Kundalini and the symptoms of psychiatry or foolishness. I think it is difficult for a culture like western civilization to make this difference, but people of eastern culture are comparatively habitual in it as they have experienced it since ancient times. So, You must have seen, how lion had become a Yogi in a recent previous post. By the way, there is also a Yogasan named Singhasan. Anyway, Kundalini Yogi has been given a dragon-like form, whose mouth is also open like a lion. Yoga is a game of breath, and even a lion roars with the power of breath and makes his face menacing. There is a similar mythical story in Hindu Puranas that Lord Vamana had measured the whole earth in three steps. Actually the three steps are the symbols of the three gunas, sattva, rajas and tamas. Ida Nadi is mother Aditi, and Pingala Nadi is mother Diti. Pingala increases worldly discrimination, intelligence and ego, which means it increases demonic dualist gunas, Rajoguna and Tamoguna. But Ida Nadi creates divine feelings of sattvaguna like peace, tensionlessness, non duality and other pure qualities. That is why it is said that Aditi is the mother of all the gods and Diti is the mother of all the demons. These two were the wives of Kashyap Muni. Kashyapa was the son of Brahma. Brahma is the main expressed mind. Because the mind creates the whole world. He sits on a lotus, on a lotus in the form of sahasrar chakra.

As the place of the soul is described as Sahasrar, the same has happened to the mind because both are interrelated, one isn't without the other. Sage Kashyap is the subconscious mind, because it is born from the mind. He lives in hellish Muladhara as opposed to his father brahma who lives in heavenly sahasrara. Ka means water, and Shya is derived from the word Shayan or sleep, meaning one who sleeps in water. Water is in the form of semen and the cerebrospinal fluid flowing in the spinal cord, and the subconscious mind is shown as the sleeping man, because it is in it that all emotions remain suppressed. This subconscious mind resides in deep and dark pit like places like Muladhara and Swadhishtana Chakras. When its expressing feelings get the support of Advaita Bhava i.e. Ida Nadi, then they become his sons as gods, but when they get the support of Dvaita Bhava i.e. Pingala Nadi, then they become his sons as demons. These waking thoughts are the sons of Kashyapa and Aditi or Diti. Ida and Pingala nadis are his two wives in the form of Aditi and Diti respectively, because with their help he awakens in the form of thought-form sons, which means he becomes strong. Ida and Pingala nadis are his two wives, because with their help he becomes expressed, that means he becomes strong. The mental Kundalini image itself is Lord Vamana. It is the best among all thought-form sons, hence it is called the incarnation of Lord Vishnu. Very cool psychology. Brahma is the original mind. In fact, it is He who builds various worldly creations like houses, gardens, roads, bridges etc. He does not give birth straight to thought-form sons. He first creates the subconscious mind-like Kashyapa Muni. Thought-form sons are made from that. You must have also seen that if you do not do any work in the world, then no strong thoughts will be formed directly. By doing work, its memories get absorbed in the subconscious mind, which later keep on emerging in the form of powerful thoughts. The left brain under the jurisdiction of Pingala Nadi is under the authority of the demon king Bali, the Ida-ruled right brain is under the authority of the gods. Raja Bali is ego. The name Bali seems to have been given to him because he sacrifices (means giving bali in sanskrit) living beings, commits violence to maintain the power of his ego. Also, Bali name originates from Sanskrit word Balin that means powerful. Ego

is too powerful in fact. Kundalini image is formed by the influence of Ida. Although both Ida and Pingala should be in a balanced form, because the existence of both is dependent on each other, but Ida should be comparatively more effective. Under the influence of Ida Nadi, a person becomes calm, stress-free, with good appetite and good digestion. In this state of peace, the picture of Kundalini resides in the mind, which means Lord Vamana is born from Mother Goddess Aditi. To see, he is a small lonely mental picture, that is why he is called a dwarf or vamana. He asks King Bali for only three steps of land in the universe. How much space will a mental image take up? Like every mental object, that meditation picture is also made of three gunas, sattva, rajas and tamas. These are the three steps. Man as ego promises to give him even that much space, and thinks what harm it will do to him. Ego is very powerful. He does the biggest things in the world. He takes the small Kundalini picture as a joke. The backbone is secretly depicted as the conch shell. It has the same shape as a conch shell, wide at the head and thin at the tail or bottom. The spinal cord or Sushumna Nadi located in it is the drain inside the conch. The word nadi is derived from the word river (Nadi in Hindi). The water flowing in that drain is the sensation of Kundalini Shakti. Energy also flows like water flow. Because Kundalini-meditation or kundalini-thought as Sankalpa that's sharp thought or resolution is mixed in it, hence it is called Sankalpa-Jal. Meditation itself is called resolution or sankalpa in Sanskrit. During every religious ritual in Hinduism, while pouring water from a conch or argha (a special vessel for worship), a sankalpa is made for a few moments about the reason for the ritual, the process of the ritual, the priest, and its resulting fruit. Deep meditation itself occurs with it for a moment. Due to this, the karma becomes fruitful quickly and more. While sitting in the Yagya, Bali had pledged to give three steps of land to Lord Vaman while pouring water from the conch. It is possible that by pouring water, the Kundalini energy starts flowing, because there is a similarity between the two, which strengthens the meditation. Along with the falling stream of water from the Arghe or conch, the Kundalini Shakti also starts flowing down the front channel, due to which it passes through the back channel and climbs up the back, taking with

it the additional and special orgasmic Kundalini Shakti of Muladhara. It also carries along Vamana in the form of the meditation image because vama is the main purpose, in the Sushumna-conch channel in the form of a thin spinal cord, with the push of the flowing water or Shakti in the form of meditation or Sankalp, and this way vama keeps on growing through Yogasadhana, and finally awakens and pervades the entire creation. This is to measure the three worlds with three steps. Due to this the ego itself gets buried in the underworld in the form of subconscious. It has been said this way that Vamana placed the third step on the head of Bali. This story continues in the next post as well.

Kundalini as Lord Vamana pierces Shukracharya's duality-form eyes

Friends, continuing the previous post, that sacrificial ego that's king Bali let Vamana come under compulsion, and he also gets apprehension that he may not survive after Kundalini awakening. By the way, the glory has been sung in such a way that King Bali was the biggest donor, who donated three steps of land to Vamana despite knowing his future destruction. Every living being is the supreme donor like King Bali. Knowing that his ego will be destroyed by Kundalini Yoga, his boundless material world will be destroyed, still he does Kundalini Sadhana at some point or the other. When a man is engaged in good deeds like King Bali, then sometimes Lord Vishnu comes to him in the form of a meditation picture to do good to him. He can be a friend, lover, guru or deity in any form. Guru is also considered as the form of God. Anyway, for everyone, their lover is God. For example, suppose a woman enters a man's life. Men have tens of businesses, and hundreds of relationships. Because of them, innumerable images are formed in his mind. So he takes that woman for granted, and thinks that a woman is nothing in front of his vast material world. He allows her to take up space in his mind, that is, he allows the first step associated with it in the form of her Bhava or existence or Sattva Guna, the second step in the form of her motion or Rajo Guna, and the third step in the form of Darkness or Tamo Guna to fall into his mind-like kingdom. But gradually his love for her grows, and with time she occupies more and more space in his mind. In the end, she spreads throughout his empire, and then awakens and destroys man's ego as king Bali. The same happens in Kundalini Yoga. This means that there is no difference in essence between yoga and love. King Bali was also doing a great Yagya, which means he was doing a good deed. A man knows that he will become a crazy yogi or crazy lover by falling in the circle of meditation, yet he adopts it and moves forward. Through the awakening, kundalini captured the entire heaven with one step, that is,

with Sattvagun. Heaven is dominated by goodness. Because all the three gunas become infinite at the time of Kundalini awakening, that is why it has been said that Kundalini or Vamana has completely permeated all the three worlds. The second step means that the Kundalini picture spread in the whole earth with Rajoguna, because the earth is Rajogunapradhan. With the third step in the form of Tamoguna, the ego and its associated thoughts of karma go into the dark subconscious of the Mooladhara. Since tamoguna is created by killing or destroying someone, it is created by destroying the ego and the mental creation it feeds on. The position of Lord Vishnu as the gatekeeper of Patal Lok or pit abode means that Dhyanchitra keeps on purifying those demons i.e. thoughts buried in the subconscious by letting them go up, i.e. to the brain or heaven, so that everyone becomes gods. At the same time, Vishnuswarupa Dhyanchitra is focused on the Swadhishtana and Muladhara chakras by Kundalini Yoga, so that the demonic emotions that are suppressed in them are exposed and become pure when they come in contact with it, so that they do not bind the yogi, that is, demons are not able to trouble the deities, because all the deities reside in the body itself. Anyway, Swadhishtana Chakra is called emotional baggage.

Shukra Acharya, the rakshasguru who became Bali's priest in the yagya, first explains a lot to Bali that he should not trust Vamana because he will snatch everything from him in three steps. But when Bali does not agree, then Shukracharya enters the hole of the conch shell being used to pour out water as a mark of strong will power to donate, but Vaman enters kusha that's a special grass stick in it and breaks his eye? One more thing, because the conch shell is also on the back of the living being, and like the spinal cord gives it protection, it becomes even more confirmed that the sushumna nadi itself has been called the conch shell. In addition, the shape of the conch is similar to that of a hooded serpent or dragon, which is equated with the spinal cord and the Sushumna located in it. An experienced patriarch never wants to let his host get lost in the wilderness of spirituality, no matter how beneficial it for the host may be. He knows that if the host comes to know the truth, then it will not be

easy to cheat him and extract money from him in the name of Yagya etc. rituals. Although rituals are right at their place and are an important ladder for awakening, but who cares about the ladder when the destination is reached. Shukracharya i.e. priest or Guru by pouring out Shukra i.e. semen to block the energy flow of Sushumna is depicted as entering the conch shell. Vaman's opening it with the Kusha stick is the raising of the Shakti from the Muladhara with the help of the Kundalini Dhyana-chitra. It is the line of sensation extending from Muladhara to Sahasrara which is in the spinal cord. It is a thin light streak felt like a broom stick or the stick of kusha grass. This is Sushumna activation or awakening. If the back, especially the spine, is massaged before sexual intercourse, then this sensation line is felt easily and with pleasure. Then the semen power easily rises up, making the sexual intercourse very blissful and spiritual. The pressure of the sexual organs also ends. Man often does this inspired by the greed for Kundalini bliss, that is why the myth says that Vamana did this. Due to this, Shukracharya's eye bursting means due to the effect of Kundalini, the dual vision of semen power or Shukracharya is destroyed. Shukra means semen in Sanskrit. When the semen power will not flow towards the world full of duality but will flow towards the soul full of non duality, then it is natural that the duality filled vision of semen power will be destroyed. Bali or ego goes to Patala, means after Kundalini awakening man cannot express ego in the form of luminous world because he has experienced the most luminous Kundalini awakening. Therefore, being detached from the gross world, he becomes unmanifested in the form of his subtle body. Moreover, he finds himself too down in front of awakening. This down feeling is depicted as patal or submerged abode. It is like darkness. This is his hellish abode. However, due to the gradual purification of the subtle body, it continues to be purified. It is said as Lord Vishnu guards it as its gatekeeper.

Kundalini Shakti kills the demon Vritrasur by becoming Indra-Vajra

Friends, in the previous post we have seen how the worldly intelligence in the form of Shukracharya wants to deprive the soul as King Bali from awakening. Very beautiful story. One such yoga-mystical story of Vritrasura killing comes in the Puranas. The gods made a thunderbolt from the bones of Dadhichi Rishi to kill the demon Vritrasura. The word Vritra seems to be derived from the word Vritti. It means the thoughts of the mind. There are thoughts in the mind or chitta. Chitta means the collection of thoughts that happened physically earlier, and are now stored in memory. That's why remembering is also called coming to mind or coming Cheta. Only Kundalini awakening can weaken or paralyze them. It seems that Kundalini awakening can be achieved only when Sushumna located in the spinal cord is activated, otherwise not. Vritrasura died due to thunderbolt, which means Kundalini was awakened only because of the awakening of Sushumna in the spinal cord. It is said that along with the thunderbolt, Vishwakarma also made an arrow. The shape of Vajra has been called Dandavat or cylindrical. The spinal cord is also a bit cylindrical. The name of the arrow is Brahmashir, meaning it goes up to Brahmarandhra, which is at the top of the head that's the opening of sahasrar chakra. This arrow is the Sushumna Nadi. Vishwakarma had made many other weapons from the bones of Dadhichi Rishi. Meaning that Yogasanas are possible only with the help of bones. Different joints of bones help us to perform different postures. Then energy is transmitted in the body through those asanas, which helps in awakening the power. That Vritrasura used to trouble all the gods. This means that the body's metabolism gets disturbed due to restlessness of the mind, and various diseases enter it. The body is made of gods only. The literal meaning of Vishwakarma is, the doer of all the work of the world, means the creator of the world. The whole world resides in the body only. It is said in the story that the Vajra and the arrow named Brahmashir were made from the bones

of the spine. It is also said that Indra called Surbhi cow and made her lick the bones and then ordered Vishwakarma to make vajra from them. Indra, enhanced by the effulgence of Lord Shiva, picked up that thunderbolt and ran furiously at Vritrasura, as if Rudra was running towards Yama. After this, that Indra, being well prepared, quickly cut off Vritrasura's head like a mountain peak with that thunderbolt. This is figurative language. With the glory of Shiva, it means with the help of Tantra, because Shiva is the originator of Tantra. This is the description of the energetic state of Kundalini awakening. Because the thoughts of the mind are born in the head, that is why it is said to behead Vritrasura. This story continues in the next post as well.

When all the gods work together, it is said that Indra did that work, because Indra is the king of the gods. Kundalini Yoga is accomplished only by the combined efforts of all the parts of the body, that is, all the deities. That is why it is said that Indra killed Vritrasura. I think khechari mudra is said as licking by surabhi cow, in which the opposite surface of tongue is touched with the soft palate. Because the head is directly connected with the spinal cord, hence it is a part of Vajra. Due to this the energy circulates easily in the channel loop. After that Vajra manufacturing starts, that means energy starts running in the spinal cord.

Vishwakarma made it, means it is made automatically by scientific principle, no man makes it. All you have to do is create favorable conditions for being itself. The world is also created by itself. The name of Vishwakarma has been given to decorate this very being.

Kundalini help is sought out even by gods to succeed

Well, continuing with the previous post, that is why the branch of Tantra in Buddhism is named Vajrayana. That is why the name Premyogi Vajra has also been given. Basically, there is Premyoga in his practice, but Tantra also has a good contribution in it. The deities fought with Vritrasura for a long time. But they could not defeat him. In the end, accepting defeat, they left their weapons near Dadhichi Muni's hermitage and ran away. It means that the gods put many organs like hands, feet, eyes, ears, brain etc. in the man's body to avoid the thoughts of sorrows. Earlier man was a unicellular organism like a virus. It was a state full of sorrow. To remove that sorrow, the gods developed that primary creature for many ages. In the end, the human body became existant. Where did the sorrows end even after so much hard work? On the contrary, it started growing. Today, the more progress science is making, the more tampering with nature is increasing, due to which the devastation of life and property is also increasing. Natural disasters are increasing. Crimes like murder, robbery etc. are increasing. The main five defects of the mind, lust, anger, greed, attachment, pride, jealousy and the innumerable mental disorders arising from them such as depression, loneliness, violence, selfishness etc. are on the rise. Means Vritrasur attacked him in the form of a mountain of sorrows as ego. The gods were forced to raise their hands. Dadhichi Muni here called is the soul. Near his hermitage, the gods left their weapons, meaning they created all the parts of the body, because the body is closest to the soul. The gods accepted defeat, meaning that the supreme sorrow or enemy of the mind in the form of ego could never be destroyed by the power of senses and organs, it was completely proved, minor physical and mental sorrows would have definitely gone away. This supreme sorrow was the demon Vritrasur. Due to the boon of Shiva, the bones of Dadhichi Muni had become like a thunderbolt. It means that due to Shiva provided Yoga, there was so much elasticity and liveliness in the bones, especially in the spinal cord, that the Kundalini energy could easily flow

in it. Just see the lightning. It breaks even the hard rock, and along with it electricity also flows in it. Similarly, the movement of the luminous energy line in the sushumna nadi of the spinal cord is like a lightning strike, and the destruction of the ego by it is like the breaking of a rock. Ego is the hardest thing in the world, which is the most difficult to break.

It is said that sage Dadhichi also had a wife named Suvarcha. When the deities went to Brahma seeking help, it was he who advised them to ask for the bones from Dadhichi. Suvarcha was in the inner chamber, and the deities demanded his bones from Dadhichi, who was sitting in the outer chamber. Dadhichi left the body after applying Yogasamadhi and he merged into Brahman. When Suvarcha found out she became very angry, and cursed the gods. Suvarcha was pregnant at that time. With the semen power of the sage, she got a son as great as another Shiva. His name was Pippalad. Brahma is the original creator of the universe. He knows that the gods may exert as much force as they like, but they cannot remove spiritual ignorance. He also knew that when the Kundalini is awakened by the energy flow in the Sushumna located in the spine of the Yogi, it can be destroyed. With awakening, not only will ignorance disappear, the ego will also vanish. Ego is the form of man's own ordinary worldly experience. When there is no ego, then how can a human being exist. It is said that Dadhichi Muni himself left his body and went away. Actually the ego has already ended before awakening. Only then there is an experience of awakening. How can one experience awakening if there is even an iota of ego, because both are diametrically opposite to each other. When the yogi's ego is destroyed by tantric yoga practice, then only the real awakening begins. Due to the elimination of ego, the worldly garbage in the mind of the yogi also remains to a minimum, due to which sufficient nerve power is available for the awakening of the Kundalini. Suvarcha, the wife of Rishi Dadhichi, is actually Buddhi or intellect. The destruction of the ego leads to the transformation of man. Through this, old thoughts and memories become destroyed like a roasted seed. But that luminous intelligence or good sense remains, which puts one on a good path. Old experiences are also remembered. The Sanskrit word varchas

means shining. She cursed the gods, which means that the body does not act arbitrarily under the control of the gods, but behaves rationally under the guidance of good sense. After the transformation of a man, his new, awakened and godlike state comes, he is called son Pippalad. That state has a tantric nature like Rudra i.e. Shiva, that is why he is called Rudravatar.

Kundalini Tantra Thrives better in an Eco-Friendly Lifestyle

Friends, in the previous post, we were seeing how nowadays the physical progress a man is making, his material, spiritual and natural sorrows are also increasing. All the vices of the mind are nearing their peak, and are ready to become demons and devour man. Also, that demon can be killed only by Kundalini Shakti. The meaning is clear that today human civilization is standing at that point, where only Kundalini Yoga can save it. I recently went on a trip to the mountains. Where there was such a cooler in the plains, in the mountains people were sleeping covered with quilts and blankets, and were getting heated by burning fire. All the seasons of the year could be seen within a day. Saw a wonderful sight. A local acquaintance was also found there. He has land at every prime location on its way from the depths of the river to the top of the mountain. He wanted to use that route as a tourist trekking route and to realize the fantasy of hut-like tourist rooms and flower gardens at the prime points of the track. Although it requires initial investment and manpower, but he wanted to do it cheaply and in a natural way so that the least artificial resources are used, and the risk in the business can be removed, because he appeared not more prosperous financially. This is often the case. Those who want to do it don't have money and those with money can't do it. He also practices Homeopathy and Naturopathy. He said that such patients and other people come to him every day, who spend up to four lakhs by going to a distant and expensive place like Goa to reduce their weight by 2 kg. So he says that he can lose their four kilos of weight just near to them and in much less time and money. But it is the same thing that people don't even like 100% natural, some artificial construction has to be done to create attraction. Nowadays people have a great hunger to live in the midst of nature, because there is indiscriminate abundance of artificiality everywhere. There is just a shortage of those who serve properly to satisfy that hunger. Nevertheless, the horses of the mind can be made to fly. The biggest problem seems the decreasing graph of courtesy and discipline among the

tourists day by day, the fear of anti-social elements remains separate. By the way, there is also a shortage of efficient tourism related staff to guide and serve them properly. Concrete forests are taking the place of the natural forests of the mountains. There seems to be little and insufficient control over the rising population. I found success in my tantric yoga practice leaving the big, grandiose and beautiful concrete mansion and in a small, old and dilapidated house built in a quiet area, allowing natural air, water and Sun to enter inside and having lovely harmless microorganisms and tiny lives like ants, lizards, cockroaches, wood and soil eating insects etc. Even snakes and scorpions live around meditative Shiva. Although it's deadly extreme in case of us human beings. Of course my old house was also visited by bats and rats twice or thrice. The bats were chased away through the window with great difficulty because they cannot see. Then the holes and cracks in the walls were sealed with packing of envelopes etc., because they penetrate even through small spaces. Similarly, the rats also had to be driven away due to the fear of snakes. Its roof was not of RCC, but thin beams of RCC were laid at intervals. The gaps between the beams were covered with tiles, which rested on the beams on the both sides. There was a very thick layer of clay like smooth soil over the tiles. Tiles were then again joined together on top of the soil, so that rain water does not enter inside. The soil would have absorbed some leakage and evaporated it out. Due to this, the roof did not get too hot from the sun, and it did not get too cold in winter. See, things open up like layers of onion. Circumstances like darkness are the symbol of Muladhara. Under the influence of such an environment, the energy easily ascends to the Sahasrara, provided proper spiritual practice is done. That's why Shiva lives in the crematorium. Perhaps it happened only later, because of the subtle and indirect force of the same magnificence, because the day feels good only after the night. Anyway, after spending more than one's capacity on building, vehicle etc., or giving them unnecessary expansion, a man gets entangled in their maintenance and other worries, due to which he is not able to give enough time and energy to Yoga. Think, an average grand house is built for at least fifty lakh rupees. Putting this much money in the

pension scheme, a pension of fifty thousand is made every month, for the whole life, and the principal amount of fifty lakhs remains safe as it is. There is no need to worry about earning for the whole life. Living comfortably in a shanty-like environment-friendly and health-friendly house, continue doing yoga with a blissful life and keep playing guitar. Playing the guitar is also a high-quality meditation, witnessing meditation. Many people take a loan from the bank, then by paying the installments, that house doubles, that is, costs around one crore. Many clever people borrow money from relatives or friends to avoid interest. Innocent people even give them loans, but forget the interest from them, they are unable to even recover the principal amount. Due to this, there is a rift in the relationship and friendship. Some people even grind their children in the mill of loans. The hobby of a fool's house is very expensive. Ego also grows with grandeur, and when it is destroyed, it is also destroyed. Anyway, the old and raw concrete still seems to be alive and little breathing, it seems like suffocating in the strong and new concrete. The real life takes place in a house made of mud, that's why nowadays people's craze towards mudhouse is increasing. It is also earthquake resistant. Now-a-days many people are making pillars and lenter made of RCC, like an earthquake resistant net and keeping the walls wide with rammed soil, and providing sealing of wooden slabs under the lenter or asbestos sheets. Due to this, it is getting the double benefit of strength and naturalness. Natural looking, wide and breathable tiles can also be installed on the floor and on the walls upto two or three feet of the ground floor. The partition between the rooms can be made of thin or thick mud wall as per space available or wood instead of brick. Kitchen and washroom cum toilet can also be kept earthen and natural, provided tiles are fixed on the floor and on the working wall and shelf up to some height. I have been living comfortably for many years in this type of British-era luxurious and completely natural, made of mud and stone, about twenty feet height till the ceiling, environment friendly kothi means bungalow just like as shown in this post's header image. Of course, tiles etc. have been added to it later. It had an iron sheet roof over its wooden plank ceiling. It is said that it is also of the same old age, no new one has been inserted.

The electrical fittings on the mud walls were also rare to see. It looked like it might fall down, but we were not to hang onto it. In a house where even the walls breathe, the mind will do pranayama, yoga etc. on its own. Soil is also flexible, and yoga also has flexibility. Soil has the basic strength of the earth. It keeps the man balanced, controlled and practical while working for Muladhar Chakra. The danger of earthquake remains every moment. Mild tremors were felt again today. For a long time, these tremors are coming continuously, which can also be an indication towards some untoward incident. I pray to God with folded hands that this should not happen, of course if they want the excess and destructive energy of the earth may be spent in small tremors only. Don't know why people ignore earthquake so much. Why do they believe that an earthquake cannot happen if they are there? They take care of everything while building houses but not earthquakes. Perhaps everyone considers the person who talks about earthquake to be a fool and a coward. Maybe it's like death is real, but no one wants to talk about it. I also think that one of the reasons for this is that nowadays people are already very sad and upset in the world, maybe they consider the earthquake as the solution to all the problems unconsciously in the subconscious mind, but in practice it is a form of ignoring it. Would have given The qualities of a house definitely have an impact on the person living in it. The more solid and strong a house I see, the more solid and strong the ego of the people living in it seems. Soil is malleable and connected to the earth, hence the ego of the people living in it is raw and malleable, and they also appear to be down to earth, and less temperamental to me. This means that modern houses also have a big contribution in the downfall of today's man. They pollute the environment a lot. It is believed that cement plays a major role in the emission of greenhouse gases. In fact, cement is very raw. It gets strength only by mixing iron bars etc. in it. For big buildings in cities or for big bridges, flyovers, dams, and other water storage bodies cemented structure is also necessary, but what is the need for common houses in villages, countryside or sparsely populated places, because there is no need for much strength. There it is being adopted like a sheep run or a fashion symbol. It also consumes more

electricity and water. When it was first used in Switzerland to build huge dams, it was considered a national pride, and it was considered immortal. But later it came to be known that the maximum age of concrete is only 100 years. Where there is no constraint in the availability of land, a single storey house is sufficient. It also looks beautiful, and is also connected to the ground. I think that building a home more than one storey height in the mountains is an insult to the deity, because high mountains are the form of the deity. Anyway, there trees, plants and other natural views should be visible mainly, not man-made artificial structures like buildings etc. A principle of Vastu Shastra has come recently in my own experience, I have not read it anywhere. In an open and airy place, such a crossroad where opposite paths wear almost equal compositions, Kundalini starts functioning there. In fact, such an intersection makes a symbol like a swastika.

Kundalini Yoga Exposes the Biggest Lie

Friends, in the previous post we were talking about the environmental side effects of cement. That's all, but those who use it, they also don't use properly. Most laxity is given to that curing in the form of water irrigation, especially in government and contractual works, which is most important for its strength. This wastes resources, and there is a possibility of heavy loss of life and property due to accidents. Well, we don't want to stray from the main topic by going into these technical matters. I have another book on this, "Basic pillars of multi-tech organic farming and rainwater harvesting" in Hindi. In this post we will discuss the biggest lie.

To observe thoughts calmly means that we are accepting their existence. Their real or true nature. Their subtle nature. Their spiritual nature. Their mental nature. Accepting their independent nature. Accepting their authority based on something. Accepting their incomplete authority. We are accepting their existence with an extinguished mind. With this, when the thought disappears, we will not feel the darkness of their absence or feel-less. Along with this, indirectly it will also be proved or believed that the absence which we think of as darkness is actually light, because from there these thoughts keep popping out and merging their in. With this, the soul will gradually become clean and move towards liberation. If we get carried away in thoughts' flow, it would mean that we are accepting their unreal existence. Accepting their physical nature. Accepting their gross authority. Accepting their physical authority. Accepting their independent nature. Accepting their absolute power. When the thought disappears with this attitude, we will feel dark. In case of third type of attitude, If we try to deny or remove them, it would mean that we are denying their existence alright. This will also indirectly mean that we are accepting the nature of darkness. Due to this, life will go towards darkness. Means witnessing is the biggest spiritual practice.

This is the best middle path of the Buddhists. In witnessing, that's why the soul gets pleasure. Harm even by chasing away thoughts and harm even by embracing them. So keep paying attention to your breath and your body, and let the thoughts come and go. It is a matter of saying that witnessing is everything, there is no need to do yoga etc. anything else. It is like saying that the fruit is everything, there is no need for trees etc. The real practice of witnessing happens only during yoga practice. At that time thoughts are coming to the brain, and attention and vision are on the lower parts of the body or chakras like Muladhara etc.. This does two things at once. One is that yin means the lower part and yang means the brain part merge together, and the second is that the thoughts of the brain remain ignored even when they come, which leads to the best witnessing. Welcome thoughts like uninvited guests. Just as we remain neutral towards uninvited guests while welcoming them, so should we be towards thoughts. The main thing is that people prefer to watch scenes made of 4K signals, not scenes with SD signals. Consider the signal generated in the brain during yoga as 4k, and in common worldly condition as SD or at most HD. That's why maximum witnessing feeling i.e. mute viewer feeling arises during yoga. In normal worldly condition, we can react according to mental visions, but how will we react during yoga, because apart from mental vision, nothing exists in physical form. That's why we have to remain calm and keep watching the scene. That's why many people call television also a good witnessing instrument, because we cannot give any reaction for that also. That's why fictional movies give more fun than movies based on true events. Because where the sense of the truthfulness of the intellect wakes up towards such visions, there will be a disturbance in the mute viewing stance and self-bliss.

Witnessing practice means yoga practice can be done three times a day. It seems most important in the mid day. At that time the energy of the body is at its peak, due to which a lot of suppressed thoughts emerge, which are well witnessed. If there is a shortage of space etc., then at least Pranayama can be done. If there is a problem in sitting, then this can be

done even on a chair. Deep Kundalini meditation by holding the breath on the chakras can cause headache etc., so light Pranayam is enough during the day. The best time for meditation is in the morning and evening at Sandhya that's day-night union time, when the brain gets extra energy from the Muladhara. At that time, the burden of worldly works also seems to be removed. Perhaps that is why Trikal or three times Sandhya was very prevalent in the olden times. Not everyone can be self-aware all the time, because some people's work is strange and complicated. Those who have a long practice or who have access to satsang, they can stay however. Karmayogi also remains self-aware all the time, but Karmayoga is also not easy. That's why for the benefit of the common man there is a provision of sadhana three times a day, rest of the time keep doing any practical work, keeping sadhana on the table.

The problem arises when man does not see reality. Does not see the truth. There is no harm in seeing, there is no harm in seeing the real thing. The evil is in seeing things in their false forms. Seeing thoughts in subtle form is Satyadarshan or true viewing, but seeing them in gross and physical form is Asatyadarshan or false viewing. Seeing thoughts inside your body or mind is Satya Darshan, but seeing them outside yourself is Asatya Darshan. Seeing thoughts in one's own form means non-dual form and self-form is true vision, but seeing them in other's form means in dual form and non-self form is false vision. Not that these are only the philosophical things. This is scientific truth. In fact, worldliness is completely based on lies. Subtle thoughts are given a false gross form. Spiritual (Chidakasha-Atman or consciousness-sky-form soul) thoughts are given a false physical (just opposite of Atman) form. Thoughts located inside the body are falsely understood to be outside the body. If we consider thoughts in their true form, then the world has disappeared and only soul and soul is everywhere. It is a great thing that this vision is itself maintained without any special effort while doing yoga, because at that time the activity of thoughts changes rapidly according to the rapid changes in the activity of Prana in the form of body postures and breath, due to which the belief that all these are connected with each other

is self-affirmed, and always remains maintained in the subconscious that manufacturers habit of an individual. I am saying body instead of mind or brain because different thoughts carry different energy levels, so they fit on different chakras of the body. The ones with more energy are towards Sahasrara and the ones with less energy are towards Muladhara. The energy of thoughts should not be tampered with, otherwise the burden on the brain will increase which can also cause headache. That is why the real form of man is not the mind or brain, as is commonly understood, but the front channel from the Sahasrara Chakra to the Muladhara Chakra and the group of chakras located on it. Understand that it is a bamboo stick with seven knots. Thoughts are not necessarily attached to the chakras, they can be felt at the height or level of the chakras over any long distance. Perhaps the thoughts of Sahasrara cover the whole distance towards the sky, and the thoughts of Muladhara the whole distance towards the lower worlds down. Wherever thoughts are felt, they should be welcomed there, but in their real subtle and spiritual form, not in their false gross and physical form. Also during yoga, by looking at the thoughts with a true eye, they do not disappear at once like in the normal worldly condition, but they disappear comfortably and slowly giving joy to the soul, because the energy level is high while doing yoga. Calmness with little clearing of Atman is felt too with dissolving thought waves. Along with this, various technical experiments like holding of breath, i.e. Pranayama during yoga also reduce the restlessness of the mind. With this the soul feels well satisfied. In the normal state, they disappear before they can provide proper bliss to the soul and get buried as darkness in subconscious leaving the soul blurred like the scar on the moon, because the energy level is low, so leaving the soul as if thirsty of cleaning water. If we accept thoughts in their false form, then the soul has disappeared and the world and the world is everywhere. It is a simple matter that thoughts become so much more clear by yoga, which is not even in the condition of common material worldliness. Due to this, their true subtle form automatically comes to the fore. Means Kundalini Yoga exposes the biggest lie in the best way. Anyway, the soul gets strength from this exposure to get exposed itself. If there is no lie, there will be

no exposure either. This means that the lie and its exposure must go hand in hand. Meaning that materialism and spiritualism should go hand in hand in a balanced way. Balanced means that there should not be so much materiality that it becomes on the life of a man or the life-giving earth starts getting destroyed. There is less lie in an animal, so it has less chance to be exposed, due to which its self-development is also very low or slow. This biggest lie is called ignorance in the language of spirituality, and its exposure is knowledge. Beware of those who try to extract money by mixing worldliness with spirituality, because when they are in worldly mode with money, there is no spiritual mode at that time. Yogi and writer Shri Om Swami is right in saying that Yogi should be financially self-reliant, along with that he should also be an industrialist who can provide financial support to the society. What a yogi who goes on begging even for himself.

I think that some initial spiritual practice can better be done in a group etc. Later, probably in most of the cases higher stage spiritual practice is fruitful only in solitude, not in a crowd. Anyway, the sadhna that can be done in the crowd is Karmayog, not doing yoga by holding the nose. Come on, no problem, let's flow with the times. There is no compulsion in this. Whatever you find good and suitable for yourself, do it. This promotion is for those who are entitled to it, but are not able to get used to it due to various reasons like hesitation etc. Promotion of a film does not mean that it should be seen by everyone, but that it should be accessible to the curious and needy person. Valentine's Day does not mean that on this day everyone should make a couple and fall in love with each other, but that those who feel the need and scope for it, but are unable to do so due to hesitation etc., should get a chance to do so. Best wishes on World Yoga Day week to all.

Kundalini Yoga practice will make our universe liberated one day

Friends, in the previous post, we were talking about how a man has to go against the course of nature for salvation. Nature developed life only by taking the support of lies, which has reached almost the highest development of man today. But now there is a need to stop this false flow of nature, there is a need to expose the lie of nature i.e. illusion, there is a need to take support of the truth. It would be better if everyone does this together, because everyone needs liberation. This is possible only through witnessing or Vipassana, which is most effective during yoga. In this post we will explain the salvation of man with the help of salvation of blackhole. No one says anything about man, why there are as many space or universe as there are men. Only physical spaces are being searched. Every man is an infinite space, a universe of his own kind. Are not all the many creatures as many pits or blackholes in the same infinite sky. A new infinite space is formed from a blackhole. The original space remains the same. There is no shortage in that. Science says that space is infinitely warped by a blackhole, meaning that the crater of space never ends. That's why the light that has gone into it never turns back. It goes on and on in that new direction. There is no reduction in the original space, because it is like an infinitely wide three-dimensional sheet. The same is also said in the scriptures about the soul that it is infinite and complete, the God from whom it emanates is also infinite and complete, yet there is no reduction in the original infinite. This is a mantra, "Om purnamadh purnamidam....." , which was also written in an earlier post. People say where do so many souls come from, where do they go etc. It is a similar question that where do so many black holes come from and where do they go. Both are infinite and identical. Once a soul starts its journey after leaving the Supreme Soul, it keeps on gathering information within itself. Where does the initial cratering information come from in the Chidakash, such that the mass of the star forms the crater of the

blackhole. Will explain this later. Science also says that information is never destroyed, it sometimes appears and sometimes becomes invisible. In this way the soul remains trapped in the web of information, and keeps on taking birth and dying again and again. In the end, sometimes it merges its mind-like information with the supreme divine through yoga etc., and it becomes free. In that case too information does not get destroyed, but gets united with the divine. By being destroyed, it keeps on being born again and again in the same plus developed form. The meaning is clear that after death a man is born again, but the yogi who does not die, because he merges his mind with the divine through yoga before the body is destroyed, does not take birth again. The original space of all, which survives even when everything is finished, is God.

The same happens with stars. Due to its destruction, its information ie. its material is not destroyed, but it gets encoded in the form of blackhole in a subtle form. The other information that gets absorbed inside it due to gravity also gets encoded. Those inputs reappear as another star or universe is born inside the blackhole. Sometimes they disappear again, and then they reappear. This cycle continues. Sometime it must have happened, when those informations get merged in the Supreme Soul i.e. Original or Parent infinite sky, without getting destroyed. That may be called the liberation of the star. So far scientists have probably not found anything like this, because they have so far believed that information never gets destroyed. They are also fine because information did not get destroyed even in the end, but merged with the original space. But maybe it is not known that that information will never come back from the original space again, other new information will surely keep coming. But human psychological theory of liberation says that information can sometimes be completely destroyed. Without a separate symbol or encoding inside ultimate as super microform, it is not the destruction of the information, but the non-revealing of the information in separate form, from where it appears again in the microform and then macroform. This means that someday all the information in this universe will be ultimately destroyed or

liberated. Then a completely new universe will be created, in which all the information will be new, because there's no encoding of previous creation's information anywhere. Now don't know in what form this new form will be. Meaning that the universe can be of countless types and forms. Means as laws of conservation of mass and energy are obeyed in closed system, the same is obeyed in open system of infinite space too. Means countless mass and energy in the form of countless worlds can emerge from space with nowhere origin because space itself is infinite form of mass and energy, infinite coming out of infinite and going to infinite, in this way too everything is conserved. Means the universe will also do Kundalini Yoga someday, and will be liberated. Means such a time will come when the universe will not be encoded in the blackhole, instead will completely merge in the great space, which means the liberation of the universe or Brahma. It is also said in the scriptures that even Brahma has a certain age limit, after which he becomes liberated, he does not die. But I did not read in the scriptures that Brahma also takes birth and dies again and again like a common man. Climbing the stairs of self-development, even an ant can become Brahma. Perhaps the birth and death of Brahma is not shown because he is not bound to the universe like an ordinary living being is to his body. Brahma is always liberated. The liberation of the universe itself has been called symbolic liberation of Brahma. It may also be that Brahma is associated with the universe by a very crude bond. When the universe is encoded, that Brahma becomes liberated, and the new upgraded Brahma joins the encoded universe to become expressed in gross form later on with it. Anyway, the universe that is formed inside the blackhole will be smaller than the original universe. This means that its stars will also get smaller and smaller. Such a generation of blackholes will come, in which the stars of the universe inside will become so small that they will not be able to make blackholes. Then, instead of being encoded, the universe will merge into the original sky, which means it will be liberated. In a way, it can be understood that the universe continuously removed the garbage of information from inside itself by the practice of Kundalini Yoga. At one stage its garbage was reduced to such an extent that it could not take birth again from it, but simply

became liberated. Meaning that as a man is freed with yoga practice, so is the universe. Anyway, the stars which are less than a certain mass, they cannot form blackholes so they merge directly into the sky, which means they become free. According to the scriptures, King Khatwang attained liberation within two and a half gharis or one hour when he came to know that he would die within this time. No one can dump all the garbage of the mind in this much short period. Yes, it can definitely be reduced to such a low level that there is no bondage. Consider King Khatwang as a large mass star. By colliding with some other body, etc., he reduced his mass below that limit, which is necessary to make a black hole. You can consider that confrontation as any energy-rich intense meditation. That's why one should keep doing yoga, whether one gets awakening or not. Lord Krishna has also given the most importance to Yoga and has told Arjuna that O Arjuna, you become a Yogi. Because human psychological theory says that when the mind of man or mental garbage or simply ego reaches below a certain limit, then it will definitely be liberated, as we told about the case with a star as well. If only awakening was necessary for liberation, then there would have been upheaval in the world. The liberation of so few people would have likely stopped the life flow of so many souls.

Kundalini Yoga shows Om is the singularity in which the blackhole is contained

Whatever matter-like information goes into the blackhole, it remains in destroyed or inaccessible form. In the same way, the subconscious mind of a man also preserves all his information in the form of thoughts from time immemorial in its destroyed form. When those thoughts are brought back in a visible or manifest form through witnessing, meditation etc., then they gradually become loose and merge into the divine. When all thoughts dissolve, the soul or the subtle body becomes free. Probably, due to the formation of physical world again and again in the same way from the blackhole, those informations keep getting loose and in the end they get united with the God in the form of supreme sky and never come back again. Meaning the blackhole becomes free. There is a catch here. A black hole does not become free by being a gross creation again and again, just as a man does not become free simply by being born again and again. When the information from the blackhole continues to come out in subtle form, in that form it merges into the supreme soul, not directly. Perhaps those microscopic information are Hawking radiation, in whose form the entire blackhole will someday dissolve. Of course it takes a lot of time. Where does it take less time for the liberation of the soul. **Hawkins radiation** also emanates from the blackhole, and it also creates new creations simultaneously, of course, the size of the new creations gradually decreases. In the same way, man's practice of witnessing also goes on in more or less form, and along with it new births also keep on taking place, of course, in the future births, the noise of the mind's thoughts keeps on decreasing, the ego keeps on decreasing. Science says that the more matter enters inside the black hole, the more its gravitational force will increase, and the thicker the accretion disk outside it will be. At first I wondered how it could happen that when the new infinite sky was formed, then the matter that entered it should spread out into the infinite sky, and that should not affect the

accretion disk. Also, once an infinite hole has been formed in the original infinite sky, how can that hole get bigger as more matter enters inside, because nothing is bigger than infinity. And increasing gravity actually means increasing the depth of the pit in space. But I found the solution by comparing it with the soul. When the individual-infinite space in the form of soul is formed for the first time, it is like a newly formed blackhole. First thing, how the soul is made. When the first thought of the mind is formed in the smallest creature, Chidakasha or conscious sky i.e. Paramakasha Paramatma bound with it feels it within itself. Being attached to that thought wave, he immediately forgets his Paramakash or Mahakasha or supreme sky form. He lives in the same great space, but forgets its super existence, knowledge (true knowledge) and bliss to a great extent due to delusion. This became the origin of the living space within the great space. However, the cosmic God remains the same, without change, in his original form. It means that the soul has originated inside the Supreme Soul. Now coming to blackhole. A big star ran out of fuel inside it. So there is no force of hot gases towards the outside to counter the gravitational force towards its inside. This causes it to continually shrink within itself to the smallest possible form. I think that form is the most subtle thought of the mind. Because in front of it even the fundamental particles like proton, electron etc. are gross. The smallest thought is the mental sound of Om. The proof of this is that with it the soul has the least illusion of its absolute form. Even the illusion seems to end. That's why Om is uttered spontaneously from the mouth of Brahmagyanis and accomplished Yogis. The more the other thoughts keep on increasing, the more the confusion keeps on increasing. So the smallest thing became the sound Om. The origin of the soul is probably from Om itself, because Yatpinde tat brahmande. A gross object cannot pierce the sky. If it were so, then each stone would be a separate soul or living being, each particle would be alive, and would feel its own separate existence in the infinite sky. But this does not happen. Only the thought of the mind can pierce the sky. That's why as many living bodies i.e. brain or mind, there are as many separate infinite skies as souls of living beings. That's why mind is needed to create a new universe, because it will be

created only when there is a hole in the sky. Om is the subtlest mind. That is why it is said in scriptures that the universe originated from the thought of God or Brahma. From Om made of super compressed star, Moolakaash or original sky bound to it forgets its original form and becomes a new complete sky. Although the original sky remains the same. This has been said in the language of science that a singularity made of a star creates a pit of infinite depth in space. Perhaps Om itself has been called singularity in science, because it is not known what it is. Just figured it's the tiniest thing. Probably we have proved that the smallest thing is Om. Then it is said that due to the explosion in that singularity, the creation of the universe starts spreading. It has been said in the scriptures as well that the universe originates from Om. It also means that even a small thought has a mass equal to hundreds of suns, that is why it makes such a big hole in the three-dimensional sheet of the original sky that a new sky is formed, means a new independent universe in the form of a new independent soul comes into existence. But it is surprising how the creature who can create the universe remains pathetic and dependent. So if warp drive were to be built tomorrow, it would be some kind of machine that could fold the sky as much as it is wanted. This would take you on a trip to space. It is possible that aliens come to earth with the help of such a Om machine. People involved in the case of alien interviews after the so-called UFO crash claim that aliens have spiritual techniques, and that they recognize their true nature very well, like yogis. To them the human civilization on earth is like a monkey civilization. Then after birth, the soul expands its scope. It keeps on receiving information from outside through different senses like eyes, ears etc., and keeps on growing. It is as if the blackhole keeps on swallowing the outside matter, and keeps on increasing its mass. The greater the soul, the greater is the scope of its influence. Where the range of insects is up to a few inches or feet, there is so much information inside the minds of great men that their sphere of influence extends to the whole nation or the world. People from all over the world are drawn to them. Their sphere of influence can be compared to the accretion disk of a black hole.

The universe continues to be created from Om and also remains absorbed in it. Someday instead of just one star, the mass of the entire universe will shrink and merge inside Om. This would be called the formation of the ultimate blackhole. It will not get anything to swallow. Due to this, it will die of hunger soon, that means then that Om will also merge in the supreme sky. This is called holocaust. The holocaust will continue for a long time. Then at the beginning of the creation Om will appear again containing the mass of all the old creation. There will be a big bang or great explosion in it and the creation of the universe will start again. This process is repeated again and again. Now many people will say that the black hole has swallowed only a negligible amount of matter in comparison to the universe, how can such a big new universe be formed from it. But brother, the eternal sky would have been formed by Om. New substances can also be formed in it. The swallowed material from the old universe is just a beginning. It is also like a child carrying information from his past life in a very subtle form or most primitive organism feeling first Om sound as first thought in its mind, which appears to be negligible compared to the whole of the past life or its mental creations to be created later on. Then he collects some information from outside also, that too is negligible. He himself creates most of the information within himself through his creativity, through his actions, thoughts etc. In the same way, the first micro organism to be formed has only the subtlest thought of Om, but as it develops, it also becomes Brahma, in which the whole universe is contained. This also means that no matter how small a black hole is, it can form the largest universe, because it forms a vessel of infinite size in the form of an infinite sky. And where there is a vessel, rain water also gets collected there.

Kundalini Yoga's Sankalp Purush confirms the origin of the universe inside the blackhole

Even the crater of the infinite space became the same infinite space. How can it be called second infinity? The hole made in

the sheet is also made of the same sheet, it cannot be called a second sheet. A limited sheet can make only a limited pit. Why can't there be an infinite crater in the infinite sky? While a small mass of an object can make a small crater in the sky, an object of infinite mass can also make a crater of infinite size in an infinite sky. Because the size of the singularity formed by the collapse of the star is infinitely small, its mass is also infinitely large. That's why it makes a pit of infinite size in space means blackhole. That's why a blackhole is a crater. Meaning, of course, its origin is in the sky, but it is empty, that is, it is untouched by its creator's composition. How to consider the size of Om as infinite small. Infinite big size is zero sky. But the infinite small size is also zero sky. Virtual appearance can be different. Call former as super consciousness sky and later as super dark sky. Means a new sky was formed from a dead star. That is why the sky of the blackhole does not end, because the new infinite sky was formed due to the continuous shrinking of the star in it. But it is impossible to have more than one sky, that's why it is not a separate infinite sky but there is a pit of infinite size in it. Om is probably the name and form of the indescribable sky. Because sound is a wave, which spreads everywhere in the sky like a light wave. It is a different matter that it cannot be detected everywhere. Anyway, the word or sound has been called the quality of the sky. Then why only Om sound has been given the form of sky. Perhaps because it is the most simple and basic. The word Om is made up of three letters A, U and M, which mean creation, sustenance and destruction respectively. The sky also does the same. It first creates the world within itself, maintains it for some time, and then dissolves into itself. Means Om is the name of the infinite sky. To be precise, perhaps an infinitesimal pit, because it is formed from the most fundamental thought. But a hole in the sky is not that simple. There is some secret hidden in it. Then, if God is the infinite sky, then the soul is an infinite dark hole in it. The crater in the empty sky will also be special, not ordinary. We cannot make a hole in the sky. Yes, there is a way, to show it like a pit through illusion or virtually. Then there will be infinite sky, and infinite pit in it, both together. The soul is such an illusion in the Supreme Soul, it not being the real one, as written in the scriptures.

But if such an illusory pit is formed in the material sky also, then all matter and even light, confused, fall into it. Even in the pit like soul, the outside world keeps falling, of course in a subtle form. Various senses keep increasing the effect of the soul by collecting various information from outside. Of course blackholes can't feel the illusions like souls as it's non-living. Everyone falls towards the dark well, whether the well feels it or not. Now it is not known, what underlines that pit. May be, there is a virtual wave of the sky. Just like a sheet is made of thread, similarly the sky is also full of virtual threads or waves. Air, which is not as dense as the thread, fills the empty space in the pit of the sheet, so the ball placed on the sheet rolls towards its pit. Similarly, due to the weight of a heavy body, a hole is formed in the virtual fabric of the sky. In the empty space of that crater, a less dense virtual fabric than in the unbroken sky outside is woven. That's why other small bodies around roll towards that pit, but it seems to us that the big body is pulling the small body towards itself with the force of gravity. It is like air flowing from an area of high pressure to an area of low pressure. The void sky is the only one, but due to virtual waves, a virtual pit is formed in it. This means that all the time virtual waves and particles in space exert pressure on objects. This has also been proved in the experiment of Casimir effect. Probably this pressure also pushes the bodies towards the pits made in the sky, which is called gravity.

Man is actually a special kind of sky. His body is just a machine to create that virtual sky, like a blackhole. Virtual waves are always being formed and disappearing in the sky, but no one, not even God, experiences them, just like the ocean does not feel its waves. The example of this ocean and its waves is found in many places in the scriptures. The brain also creates similar virtual waves in it, but it is felt by the virtual supreme soul, and in confusion forgets its full divine form and becomes the living soul. Think of it as an infinite crater in the sky like a blackhole. It seems that the universe will not form again in the sky of the blackhole. Because that network of virtual waves is in the outer original space from which substances are made. But the mass of the star in the sky of the blackhole is also encoded, probably in the form of dark energy or dark matter

whatever. It creates a new universe. Or in the sky of the blackhole, other and lighter types of virtual waves are created which make matter and the universe. Then sometime a blackhole will also form in that. Which will again create a new universe. Don't know where this series will stop. However, with Kundalini Yoga, the cycle stops soon. The word Sankalp Purush is written in many places in Yogavasishtha. Perhaps it is said of man that is a man of the mind of Brahma, not a real man, but a dream. Similarly, when a man meditates on a deity, guru, lover etc., he or it becomes his resolution man. But whether that dream-man feels his separate existence like us, it is worth considering. Many civilizations believe that as long as an ancestor is remembered by his descendants and worshiped through religious ceremonies such as Shraddha, he resides in heaven. An excellent animation film named Coco has also been made on this. This means that we cannot create a new existence by meditation, but if we meditate on the pre-created existence, it gets nourishment from it. Then it can also happen that a Yogi of a high order can create a new human being with his mind like Brahma. There are many such stories in the scriptures. A sage had created the desired worldly furnishings and natural scenery for his post-marriage romantic touring with his yogic power. It's just like a black hole creates another universe exactly like its progenitor universe. If the Sankalp Purush of the scriptures is possible, then the origin of the universe is also possible inside the blackhole. A black hole is a crater because it is devoid of the virtual waves of the original sky, which means it is empty. Meaning, of course, its origin is still inside the sky, but it is empty, that is, it is untouched by its creator. Although, parent sky's virtual waves are still there at their original place but a new space has also been formed overlaid over it but devoid of the effect of parent sky's virtual waves. How can it be. Simply said, it is only one and one space, but its countless forms are there at the same time wrt virtual waves. Amazing stuff. I was also telling in a previous post that there can be innumerable universes at one place in the same infinite sky. Probably the virtual waves of all of them remain unaffected by each other. The same happens in case of soul too. There are innumerable number of souls or individual infinite spaces

in the same single infinite space not noticing or affecting each other's virtual and subtle creations or subtle universes in the form of thoughts. In the case of living beings, the virtual waves of all living beings are the similar, yet they are out of reach of each other, perhaps it is the same in the case of gross universes too, that means the virtual waves in all are similar, but one universe is Completely unaffected and disconnected from all other universes at the same place. Everything in the departed soul resides in subtle means unmanifested form, hence there is darkness in it. That's why there is darkness in blackholes as well. Probably, this dark feel is the dark energy, not any physical stuff, that's why it appears to have been the so called smallest physical entity or singularity or Om. It would be better to say dark matter, because it has mass, which has the force of gravity. I think both are the same thing, sometimes it behaves as energy, sometimes as matter, just as the darkness of a man's mind sometimes appears calm, light and blissful, and sometimes dense, heavy and sad. With the first type of darkness man tries to run away from the world by turning towards yoga etc., but with the second type of darkness he attracts worldliness towards himself. The special feature of yoga is that it tries to lighten the dark matter and convert it into dark energy. This is similar to how dark energy has the property of repelling, but dark matter has the property of attracting. We find a description of this in the scriptures when someone asks a sage that how is the creation after the holocaust, the sage says that there is such a dense darkness that if one wishes, it can be filled in a fist. This is talking about dark matter, because only matter can be filled in a fist, not an empty sky. I think that of course it is not ordinary matter but it feels solid like it, just as quantum particles are actually wave forms not matter, but also behave like matter.

Kundalini Yoga transforms dark matter into dark energy

Friends, in the previous post it was being talked about that dark energy runs out to be free, and dark matter shrinks in to get bound. That's why yoga should be done so that the portion of dark energy remains more in the mind, and the possibility of man's liberation remains more, as darkness cannot be completely eradicated. Together, it is also concluded that the countless black holes of the universe are like the countless creatures of the earth. Just as there is a microcosm inside every living being, similarly there is a macrocosm inside every blackhole. Thus there are innumerable universes in the single and same infinite sky. As there are subtle universes of different sizes and types inside the brain of different living beings, similarly there are different sizes and types of physical universes inside different blackholes.

Bored of its darkness, the blackhole starts eating the bright bodies outside, so that the brightness inside it can increase. But after a momentary glow, those bodies increase its darkness by entering into its own darkness. If the blackhole does not get anything to eat for a long time, then it gradually merges with the original sky and becomes free, probably through emitting the microscopic Hawkins radiations.

The creature or man also behaves in the same way. He perceives the outside world through various senses to reduce the darkness of his mind. He perceives the world in the form of sight through the eyes, in the form of hearing through the ears, in the form of taste through the tongue, and in the form of sexual intercourse through the genitals. For a while he feels light with joy, but that world also works to increase his darkness by merging into the dense darkness of his inner self. It has been repeatedly said in the scriptures that the more a man tries to get materialistic happiness, the more he becomes unhappy. Sometimes he practices yoga by avoiding the temptation of worldliness. Due to this, the garbage of his

mind keeps coming out, due to which he sometimes becomes quite clean and soon gets liberated.

Our universe may have formed inside a very large black hole inside another very large universe. As many blackholes as there are in our universe, there are universes of different sizes according to their own size and swallowed substances. The blackholes inside them also have separate universes. In this way, this tradition can go to very small black holes and microscopic universes, or it may be that this tradition does not end anywhere. But to become a black hole, the star must have a certain mass. It may be that in other universe that limit is more or smaller. The boundary of our universe is the boundary of the blackhole, outside which we cannot see because the ray of light that comes from outside does not come freely but comes from the attraction of gravity of the blackhole, so it can be in the form of such an invisible wave. Such thing has not been seen yet. Or it should not be in the form of wave but in the form of individual and virtual photon particles. The biggest reason seems to be distance. The limit of the universe is very far. By the time it reaches us from there, the light beam must have become so weak that it cannot be caught. Oppositely, it seems that we neither go out of blackhole nor can get anything from outside it, because it's already infinite sky and infinity never ends. It also seems that the amount of matter in the universe is limited and determined. The same cycle keeps appearing and unmanifesting again and again. It may also happen that when the universe starts forming in the black hole, then it leaves or reduces its gravity, because then the universe is expanding outwards from the big bang. Even if gravity remains the same, its effect will not be visible, because the push of the big bang will also be felt outwards. This will probably happen when the dark matter of the black hole is converted into dark energy. This dark energy keeps pushing all matter and objects away from each other after the Big Bang, causing the universe to balloon. The same thing happens in humans too. When he is tired of worldliness, he engulfs the whole world in the darkness of his mind and sit calm. It remains like that way for some time. Then for some reason he turns to yoga. Yoga reduces the darkness of his

mind, or it becomes light. He feels empty in his mind. Inspired by that, he again starts expanding the world of his mind. Perhaps due to Hawking radiation exiting from the blackhole or some other extraction, its dark matter becomes light and turns into dark energy. Then the Big Bang and the expansion of the universe starts inside it.

Man bears a great deal of resemblance to a blackhole. The more information a person is filled with, the bigger the blackhole it creates after his death. From him those informations then appear in the form of his reincarnation. I think that the dark matter that holds his old life together after death remains the same for some time. Then with the passage of time it turns into dark energy. It wants to increase his mental world again, but for that it is necessary to take birth in the body of some living being first. This can be called the creation of a new subtle universe. Going forward, he also builds another human life, by giving employment to someone, or by giving education to someone. One creates a new man in the form of his son. Meaning, he creates blackholes in the future as well, some man creates less number, and some more. That son will be called younger than him in terms of blackhole's buried information. In a way, a micro universe from the black hole inside itself has a new black hole as a son or other progeny. He also takes that tradition forward. The information that is buried in the mind is the blackhole. Means the subconscious mind is the blackhole. It never sleeps. It keeps on eating all the information like a blackhole. Countless information is buried in it from the countless births of a man. And to say that blackholes are also not completely stationary, but like other celestial bodies, they seem to be moving in space. It means that due to their movement, the infinite space inside them also continues to move. But there should be no surprise in this, because when the living beings move, even at that time the infinite space inside them is moving.

Kundalini Yoga Shakti helps in scientific thought experiment

Space is expanding, galaxies are not running away. Even before the Big Bang, there was space. Then the space inside the blackhole began to expand into infinite space itself, illusionarily. As a man increases his knowledge, he feels that he is expanding like space. In normal condition, his space form seems to have been shrunk. Actually the space is not spreading but the dark energy captured inside the blackhole is spreading. Infinite space has been created inside the blackhole, but the dark energy has not spread in that entire space. Because dark energy has no physical form, it appears that space is expanding, meaning the space of the blackhole is expanding inside the progenitor space. Of course the whole star was shrunk to a singularity, and that singularity is dark matter, which is as subtle as space itself, i.e. infinitely small in size, yet it is localized somewhere, and not spread throughout infinite space. This is also like an illusion. Of course, we humans are also infinite space, but we do not feel so. We perceive our nature as a localized darkness confined to the body or mind. Blackhole seems to get delusional like man. That's why it becomes dark. It is the supreme energy but its light is felt missing. That's dark matter. This inspires a wave to form and grow in the same Supreme Light means God, like a wave of mind in the dark soul of man. The dark energy increasing worldliness expands the universe only for liberation, because it knows that the path to liberation passes through the world. If the black hole does not pull the outside celestial body with great force, it will remain on its surface and will probably often come out in the form of radiation flame. Similarly, if a person does not enjoy the world with a lot of attachment, then it does not sit deep in his mind, and it is easily removed by doing yoga etc. With it, the other celestial bodies buried deep inside may also come out, due to which the dark matter keeps on diluting and turning itself into dark energy. The same happens with Yoga when deep inside is also cleared with it.

Nature tries to create balance by following maths. It is like that nature has to change the speed of time in order to keep the speed of light same in all conditions. This is what the theory of relativity says. Now when the mass of the blackhole has become infinitely high and it has become infinite subtle, then according to the formula of mathematics, a pit of infinite size will also have to be made in the sky. This is probably not possible, so it is created in falsehood or illusion. The illusion is that due to the blackhole the light of the original i.e. Parent infinite sky disappears. This is dark matter. In fact, this supreme sky is the Supreme Soul, but its light is missing in illusion, not in reality. That's why it is like a mass even though it is not a physical object. There is mass because the substances of other parallel universes exist in it, and darkness because there is no our universe's contact or interaction with them. This mass creates a crater in the sky, it cannot be avoided. That's why dark matter shows gravity. Gravity is a property of space, not matter, so its interaction cannot be avoided. This also conceptually proves Einstein's theory that gravity, being a property of space, arises from the twisting and folding of space. There are two sets of properties of matter. One group is of the properties of the substance itself. The second group is the properties of the space in which the substance is located. There are many properties in the first category such as emission of radiations like light, reflection and absorption of light etc. The second category has only one property, that is gravity. The disappearance of all material properties in dark matter and only the presence of gravity suggests that gravity is not a property of matter but a property of space. Because it is dark, one can treat it like a blind well. Everything falls into the well. The light that has gone inside remains in the original sky, but it is not visible because of the darkness. Meaning that light then does not react with anything in the original sky. That's why many scientists are speculating that the light going inside must have come out from the other end and goes to some other universe. This is also correct, because there is another universe inside the blackhole, which is completely different and untouched by our universe. The infinite sky is the same for both. The well of the field remains untouched by it even though it is on its land. A world of its

own gets created inside it. Understand this in such a way that according to mathematics, an infinite pit should be formed in space, which means a new infinite space should be formed, but this is not possible. Where nature cannot actually run on mathematical formula, it runs on it in virtual form. That's why that pit is not real but virtual. Because a pit is called an empty space made on the ground, where nothing of that ground is present, therefore the pit of the sky is the place where there is nothing of the sky. That's why due to the virtual disappearance of its things in the infinite sky, an infinite pit was formed in it. In fact, it cannot be made to disappear, but its effect, reaction, interaction etc. wrt new universe are probably made to disappear. This is the kind of illusion that happens to a man who is in ignorance. Means he himself is God full of light and energy, but due to illusion he does not feel like this and feels quite the opposite, means instead of ultimate light, feels ultimate darkness. Call it like this, it has become its own new space in virtual form, not in reality. So the existence of the infinite number of independent spaces and the infinite creations in them is proved. It is important to understand this in order to maintain an optimistic and positive outlook in life. Now only space scientists can investigate in depth how this happens. One suspects that if there were an infinite number of parallel universes like onion peels at one place, dark matter would exhibit infinite gravity. But this does not happen. Its gravity also has a limit. This shows that the number of overlapping universes in one place is limited. It may also be possible that there are infinite universes, but the gravity generated from them remains limited due to some unknown reason. So there is no need to get discouraged. life is endless. It may also happen that dark matter is made of special waves, such as the waves in our brain in the form of mind. Just as artificial virtual waves in mind create properties similar to gravity, they show same in dark matter too, meaning producing gravity without any substance or mass. Perhaps that is why it is said that God is running this universe according to his wish. Dark matter means the mind-wish of God. The possibilities are many. We can only do thought experiments with the help of Kundalini Yoga Shakti. The universe itself begins to form in dark matter, because it contains all the energy of the original

sky, but it is covered like a veil. By this forcefully, like sparks, fundamental waves and fundamental particles keep jumping out, which continue the process of creating the universe more and more. This illusory darkness acts as a stimulus to create creation from the original divine space. This is called Prakriti or Mahamaya or Shakti in Indian philosophy. That which is the truth and the original sky in its basis, is called Purusha or Paramatma or Shiva. That's why many people are rightly raising the possibility that black holes are factories for the creation of the universe. Like the illusion that man feels in his soul, the blackhole must not have felt the same. Of course not, but an illusory physical situation is created, which is in the form of a star shrinking to infinite minuteness. In this way, the universe from the blackhole and the blackhole from the universe continue to emerge. But what happened first? It is like a question which came first the chicken or the egg. First the blackhole formed or the universe. First became darkness or light. First became the original nature or the visible world. First became individual nature or soul. The scriptures say about this that both are eternal, and keep on creating each other successively.

Kundalini Yoga removes out dark energy from black hole to make it liberated

Virtual particles are also being created in the sky all the time, and also keep merging in it. Means they also make sky or singularity, then why blackhole is not made from them. Why does only the shrinking of a star into nothingness type singularity create a blackhole? It is probably also a matter of mass. There should also be infinite mass shrunk to singularity. How mind's thought is infinite mass. Maybe because it can imagine infinity. First of all, we have to know what is the physical form of thought. Perhaps the same physical form is formed while the star shrinks. Suppose the idea of a mountain came or while looking at the mountain, one made a picture of it in the mind. In that thought picture, you can feel that the whole mass of the physical mountain is pressed there. It means that if a thought picture of the whole world is made, then the weight of the whole world would also be contained in it. That's why the thought of the mind makes such a big hole in the sky that a new living space or infinite space is created. But how can the mass of thoughts be infinite. This is possible only if the physical wave that creates the thought occupies the space equal to void or nothing. It is so actually. It is neither a wave nor a particle. Means thought-like space-fluctuation does not have its own separate existence. There is a vibration inside nothingness that creates a virtual image like an external object, it does not have its own existence. It may not even be vibration, because even vibration lasts for a while, but thought can disappear in less than a second. That's why thought occupies absolute zero space. Anyway, when thought is not having its own existence, but it is a reflection of the outside, then it is already void. Then even if a picture of a small stone is made in the mind, it will also have infinite mass. Then it can also be said that if it is so, then the photo of a tree made in water will also have infinite mass and will create an independent infinite living space. But this does not happen. Perhaps this is the special feature of the photograph made in the brain,

which is nowhere else. Or it can be said simply that the thought created in the mind is absolute void. It's a matter to think how we are troubled by our own thoughts which even do not exist. We are always under stress because we consider thoughts to be gross and materialistic. It is also a matter of scientific research that what is the nature of thought. But with the help of thought experiment, we have told grossly. If we infer from the blackhole, then maybe only the shadow of the huge star remains in it, that too like a picture made in the brain, nothing else. The shadow is formed on Chidakaash i.e. Moolakash i.e. Paramatman, not on Atman like Jiva. The entire mass of the star is contained in that shadow. And that shadow casts across the infinite sky, like an unexpressed picture made in the soul or unconscious mind of man, we cannot mark where it is. It is a shadow in the whole soul. This is called the creation of a new sky. The separate existence of each blackhole-turned star lives as a separate shadow within the same sky. It is like the separate existence of each individual soul within the same Supreme Soul as a separate shadow. Perhaps this shadow or image is called dark energy. Those stars that do not form black holes, they merge into super dark energy. This super dark energy is a kind of general pool spread in the original infinite sky, from which cosmic bodies are formed, and merge into it. Perhaps virtual particles also keep jumping in and out of it. This is what I had said in a previous post that stars with less weight are freed from the cycle of birth and death unlike going to form blackholes. This super dark energy is like the basic Nature or Mool Prakriti of Indian philosophy. There is an exact similarity between the two. Both are eternal. Creation takes place from both. From the original nature, the soul or creature originates to start birth-death cycle and also the whole universe originates at my most beginning to start its life -death cycle. likewise from the super dark energy the whole universe originates in physical sense. Means to say both are same thing. Whatever physical matter is formed, it is not formed directly from the original conscious infinite sky, but is formed from the super dark energy permeating it. Similarly, no living entity comes directly from the Supreme Soul, but comes from the original nature or mool prakriti. However, they can end into either of both, although not into

super dark energy but into individually encoded dark energy. Ending can never be into super dark energy as it is illusionary or virtual and actually doesn't exist. Kundalini yogis can end into supreme soul. It can also be called as virtual super dark energy. Now someone can say that if the soul or the star went to the original nature, then when did it get free and meet the God. The meaning is clear that the original nature and the supreme soul are two sides of the same coin. God is the infinite conscious sky, then the original nature is its shadow. Actually that shadow is not an separate experience, yet it exists. It doesn't even exist. It means that if one went to the original nature, then it went to the supreme soul only, because it would experience it's supreme divine form only. For the soul to come, it is okay to assume if the soul starts its journey of life from the shadow of that Supreme Soul that's super dark energy, because Supreme Soul can never get bound in the bondage of the journey of life. But the journey ends only in God, not in his shadow. Scientists are also expressing doubt that dark energy may have been created by blackholes. It is as if many Indian philosophies used to argue on this and say that the original nature does not have its own existence, it is created by the living beings through their self-ignorance. But according to the conclusion of some of the scriptures, this cannot happen because the super dark energy or the original nature is eternal. Yes, the opposite has definitely happened that cosmic bodies have been made from it, from which black holes have been made. Of course they merge into it again and again until liberation, and take birth from it, like the soul merging into it although keeping its information separately encoded until liberated. But according to the scriptures, both the things seem correct to me. Meaning that super dark energy and blackhole keep making each other. Probably the Hawking radiation that keeps coming out of the blackhole keeps on adding up to the super dark energy. It is not that by taking out all the dark energy of a black hole through Hawking radiation, it becomes free to come out of darkness, but even by taking out a little dark energy, that work is done. Who can take out so much dark energy completely at such a low emission rate? If it's so it will take very long time that's impractical. Similarly, one does not need to take out all the

dark garbage of the mind by Kundalini Yoga, but by taking out little by little garbage over a long period of time, one gets awakening or liberation. Who can completely remove the unlimited waste accumulated since innumerable births.

It comes in the scriptures that only one thought was born in the mind of God, 'Ekoham Bahusyam', meaning 'I am one, may I become many'. Perhaps this thought is infinite mass shrunk down to the so-called singularity. Perhaps that thought caused a hole in the sky. A new infinite sky had become. But by confusion he forgot his full light, although the original supreme soul remained unaffected. This is super dark energy. This is what created the universe and caused its expansion, just as the world of thoughts develops in the mind of a man. The same super dark energy is the original mind of Brahma, and the development of thoughts in his mind is the creation of the universe. Then Brahma asked how to create the universe, then super Brahma or God told him just to do as before. This means that the information of the previous creation in coded form remains as the memory of Brahma.

Hindu philosophy says that attachment to the thoughts of the mind leads to ignorance or darkness. This thing is scientific. Attachment means holding or clinging. Even a black hole holds the thought form singularity within itself. It is a different matter that Hawking radiation also tries to throw it out. Man also keeps on driving the thoughts out through yoga, vipassana, non-attachment living etc. It is a different matter when we get complete success in this.

Scientists say that spacetime becomes zero in the singularity of a blackhole. Then at the time of the Big Bang, it starts expanding again, which starts the creation of the universe, and it starts expanding further. If you think carefully, it is a simple matter. No need to do any more maths. Think from within. The outside is the same as the inside. This is the specialty of spirituality that it understands the inside, but science understands the outside. It is easy to understand inside, it is also cheap and it is also accessible to everyone. Outside, there is a lot of chaos and trouble. Expensive, and

not easily accessible. When there is darkness of ignorance in the bright sky of soul, then it is void even though it is there. If there is God that's everything in it, then what is the use of it in darkness. What is the use of a five star hotel if it gets dark? It is just like not being there. This is said to be spacetime being zero. Then it starts expanding, as a universe or creation of thoughts. That spacetime is called expanding because its virtual waves are there in the form of thoughts. It will stop spreading only when it will reach its end, that is, the infinite consciousness space, that is, liberation.

Kundalini awakening as Brahmastra side effects are prevented by Shaivastra aka Pashupatastra

Friends, there is a great personal character named Ashwatthama in Mahabharata. He has been called the incarnation of Lord Shiva. He was the son of Guru Dronacharya. Dronacharya was the teacher of Kauravas and Pandavas. He was proficient in all the sciences, even in the transcendental theology. He was a Brahmin, and at that time the real Brahmin was considered to be the one who knew Brahmanidya. There were many Brahmins by name. Brahmanidya is synonymous with Kundalinidya, because both lead to spiritual awakening. Dronacharya also had the biggest war weapon named Brahmastra. Brahmastra has the ability to burn the entire universe, like a nuclear weapon. Dronacharya had given that highly secret Brahmastravidya only to his son Ashwatthama, not even to his most beloved disciple Arjuna. When the Kauravas were defeated, Duryodhana, desperate and saddened by it, asked Ashwatthama for help. He too could not turn down the demand of his dear friend. He cut off the heads of five sleeping men from the Pandava house in the dark of night thinking those as pandavas. But actually they were five sons of Pandavas. Furious with their mother Draupadi's lamentation, Arjuna sat on the chariot with Krishna and started following Ashvatthama. Ashwatthama ran away in fear and fired Brahmastra i.e. Brahmashir astra on Arjuna. It posed a threat to the entire universe. The universe started burning due to its bright glow. It created a huge fire in all directions. Seeing the danger to his life, Arjuna was saddened and his brightness was destroyed. Even Shri Krishna was not able to stop that weapon. Ashwatthama did not learn the art of stopping it from his father. Ashwatthama was also realizing his mistake, but was unable to do anything. He was scolded by everyone including Shri Krishna that when he did not know how to stop the Brahmastra, then why did he use it.

Then, with the advice of Shri Krishna, Arjuna remembering Lord Shiva pacified it by firing the Shaivastra i.e. Pashupat weapon given by Lord Shiva while meditating on him in the past. The damage caused by it was averted, although it was trying to burn Abhimanyu's wife Uttara's womb, but Sri Krishna saved it until the Pashupat weapon was fired.

Spirituo-scientific explanation of the above story

Firstly, this Brahmastra is also called the same Brahmashir arrow in a neighbouring verse, which was made from the spine of sage Dadhichi and that had killed the demon Vritrasura. In the recent old post, we proved that it is the energy line in the form of awakened Sushumna. Second, Ashwatthama was a learned Brahmin, to whom his father Dronacharya, who was well versed in the Vedas, had given all the education. Brahmin's job is to study and teach Vedas, what do they have to do with weapons. If someone says that of course fighting was the work of the Kshatriyas or warrior group people, but teaching how to fight was the work of the Brahmins, then this statement does not suit. The one who does not know how to fight himself, how can he teach others how to fight. I find the language of weapons used for them to be figurative. This must have been done so that it does not happen that the warrior Kshatriyas do not come under the control of Brahmins by coming into the ego. Anyway, intelligence has been considered the biggest weapon, because even the biggest war can be won or avoided by intelligence, and intelligence is in abundance with a Brahmin. Even the war of Mahabharata seems like a mental war to me. A long time ago, news about radioactive radiation of Mahabharata war in Kurukshetra field was read in newspapers and social media. It was written that when so-and-so scientists investigated, the tests turned out to be positive. Don't know how they present fabricated things as truth, from where they bring scientists, and where they get them investigated. On probing deeply, it was found that there is no scientific confirmation of this, and it is still considered as Mythology. It is a different matter that it cannot be completely denied, because what is happening inside in a subtle form, that is also happening outside in a gross form. Brahmasna destroys the subtle world of the

mind, and the nuclear weapon destroys the gross world of exactly the same form outside. In fact everything is subtle. Perhaps such stories like half-truths are created only to increase the curiosity towards spirituality in the common man. One more thing, if the wars described in the Puranas were real physical wars, then the Hindu community would have been the most fighting community, but it is not so, it's quite the opposite seemingly. Hindus appear shrinking today. In addition, the war was kept closed from sunset to sunrise. This happens only in the war of life, when people work during the day and sleep at night. All this shows that those battles were against the defects of the mind that were fought with the help of Kundalini Shakti in the body itself. To make them interesting they are shown as outside and real. Although it's a different matter whatever takes place inside body, the same happens outside too. Duryodhana means the person who is hardly won in the war seems to me a symbol of ego. The Kauravas were one hundred brothers. There is also a popular saying that there are hundred bad qualities in such and such person. I am also not denying that Mahabharata is history. May be both things are true. It is also evident from this that Brahmastra is awakened Sushumna only. Ashwatthama made it run on Arjuna, meaning he started awakening Kundalini inside Arjuna with the power of his vision also called as eye born shaktipat. Anyway, Ashwatthama was an awakened person. The proof of this is the gem buried on his forehead. Actually it is the awakened agya chakra or opened third eye. A sudden awakening of the Kundalini will cause the same uneasiness as a man who has lived in a dark cave for years is brought out into the sun suddenly. Due to this, great light was created in all directions, which means that Arjuna's brain was shining all around, because the whole universe is inside the brain. At the time of awakening, there is a fear of strange untoward happening, though it's different from normal fear. It is full of bliss, light and peace. Together with the destroyed ego, which means that one's personality ends, there can also be a feeling of impending death. This feeling is also different from death and is luminous and fully expressional. One may feel that he is going towards a peaceful divine world or Muktiloka that's liberated abode. Arjuna was saddened by this and his glory was destroyed.

Actually the glory of the ego was destroyed, the glory of Brahman was increasing. Fighting sharpens the ego, but Brahmatej causes forget everything and makes one like a monk. Understand that Arjuna got Kundalini awakening or started getting. Due to this, side effects of Kundalini awakening were born on him. These are being described figuratively. Life is a war. If a man is suppressed by the burden of Kundalini, then how will he fight in the battle of life, how will he kill the ego like Duryodhana. The problem is that from where a pure and sattvic Brahmin like Ashwatthama can bring so much energy, which helps destroy those Kundalini Doshas. He was a bachelor boy at that time, so Guru Dronacharya did not teach him energy rich tantric techniques. But the married Arjuna had already learned those Vamachari or leftist techniques from Lord Shiva, which have been named Shaivastra or Pashupatastra. Shri Krishna reminded Arjuna of that. Ashwatthama was an incarnation of Shiva, because he was supporting the Kauravas that were in the form of bad qualities. Even Shiva looks like a vicious tantrik when seen from outside. He is always on the side of the demons, but when the gods persuade him, he comes over to the side of the gods. He's innocent, isn't he? Anyone can easily mislead and convince him. The Pandavas along with Krishna removed the gem from his forehead as a punishment. This means that if one tries to become like Shiva without proper knowledge of Shaivism, he will be misguided even after being awakened. It is tantamount to death sentence for him. Why didn't Dronacharya teach Brahmastra Vidya to his disciples, and why only to his son Ashwatthama. In worldly education, it is the other way round, that means a teacher can teach everything to his students, but cannot teach anything to his son, for whom separate tuition has to be arranged. This also proves that it was a transcendental yoga science. It's understandable less by someone's teaching, but by the constant company and rituals of one's present family and ancestors, it comes to be learnt itself without teaching. One more thing, the physical weapon does not allow itself to reach the child in a woman's womb without harming her. Yes, the radiation from a nuclear weapon can do that. But it damages the womb of countless women, not just the womb of a single chosen woman. Kundalini is said to

influence DNA. Because they were all members of the same family, their DNA was intertwined. Because the fetus was the most delicate, his DNA was most affected. He felt that there was a bright and burning radiance all around, which Lord Krishna was pacifying with his Sudarshan Chakra. In fact, when Kundalini Shakti reaches the brain, a meditation image automatically appears in the middle of it to protect one from its side effects. Probably Shri Krishna was in this form. Shri Krishna only because he was the closest, dearest and most respected of his family.

Mahabharata is called the fifth Veda. There is an experiential and esoteric description of the Supreme in the Vedas. The same has been simplified in Puranas and Mahabharata with mythological stories. What is the use of physical science in them? Although the same is inside the gross physical world, which is inside the mind and soul, but the main focus is placed on the aspects of the mind, soul, and the body associated with it. Lord Krishna is the soul. The five Pandavas are his five Pranas or life forces. Shri Krishna himself has also said this. Arjuna is the main prana. Hundreds of worldly thoughts are hundred Kaurav brothers. They constantly keep on snatching the power of the pranas. They want to keep them away from the soul. Krishna's dearest friend is Arjuna. He acts as main Prana that help kundalini Shakti rise up to meet the Atman. Prana gives strength to the breaths. It remains closest to the soul. That's why at the time of awakening the breath becomes calm. It is only with the power of the breath that the power ascends up. Ashwatthama fired Brahmastra on Arjuna means Yoga provoked Prana to awakening. The seven chakras are the seven sons of the Pandavas. The chakras are activated by the vital force or prana. Five sons were killed by Ashwatthama means good worldly activity in the form of yoga etc. stuck in the midst of hundreds of evils pierced the five chakras. Anyway, due to physical activity, maximum pressure falls on Muladhara Chakra, because it is close to the waist joint. Yoga increases this pressure, because in this we bend more, bend for a longer time, and bend while holding the breath with awareness. The rear Swadhisthana Chakra which is the raised hip bone, seems to have a depression on

the adjoining upper side, I think that is the real Mooladhara or directly connected to mooladhara. By massaging deeply in it, there is a feeling of intense sensation like sexual pleasure which ascends upwards. Abhimanyu and Ghatotkacha were left among the sons of Pandavas, which means that the top two main chakras were not penetrated. That's why the symptoms of Kundalini were not tolerated by Arjuna. Now call it a fabricated story or a real yoga story created by a epic writer Rishi, but it is well made and factful.

There is another side to this story as well. Drauna is also the name of a mountain. Dronacharya means Acharya who controls the mountains. Anyway, he had done penance on Mount Drauna. Bones have been called mountains at many places. Yoga etc. is done with the bones only. That's why I am telling Ashwatthama Yogasadhana. When the chakras were penetrated by yoga, the suppressed emotions came out and became extinct, that means they died completely. Due to this, their mother Buddhi or intellect i.e. Draupadi started crying with sorrow, because those feelings were created because of her actions. Prana Arjuna along with the soul Krishna also got disturbed by this and they ran to stop the yoga i.e. to catch Ashwatthama. But by then Sushumna had awakened, which means it had left the Brahmastra. Anyway, Sahasrar Chakra is also called Brahmarandhra. Ashwatthama was maintaining the friendship of Duryodhana, because when a man gets tired or bored of selfish worldliness, then he himself adopts yoga. Prana could not bear the radiance of that awakened Kundalini, so he brought it down to the agya chakra by rubbing his forehead. Then don't know where it got merged. This is to extract a gem from the forehead of Ashwatthama. After awakening man feels like a new birth like a child. This is the complete shaving of hair on head and face of Ashwatthama. If the Brahmastra was a physical weapon, its radiance and other effects would be felt by all, but it was felt only by Arjuna, because it was inside him. Krishna is the real soul, it doesn't matter to him, because he is always awake. Shaivastra is a worldly mind like an open style of living. Panchamkar of Tantra is the biggest worldliness. After meditating or seeing it, the Shaivastra was launched, due to which the Brahmastra became calm. It is possible that some

dance or ceremony of women etc. is going on nearby. As soon as you pay attention to it, the Shaivastra must have launched. In fact, Ajna Chakra and Sahasrar Chakra should also become active, only then the Kundalini awakening can be tolerated well. The manifest and unmanifest complex thoughts of the intellect are reduced to ashes by the activation of the agya chakra. Similarly, the activation of the Sahasrar Chakra increases blood circulation there, so that the pressure of awakening can be tolerated. Along with this, the active and repressed unrestrained visual thoughts are also consumed.

Arjuna's son was Abhimanyu and his son was Parikshit who was watching Krishna in Uttara's womb. He used to test Krishna in everyone even after coming out, that is why he was named Parikshit that literally means to judge. Abhimanyu literally means very angry. Actually, anger is expressed through the prana. That anger was towards the deceitful worldliness like Duryodhana. But it was downgraded inside superficial thinking, not upgraded with deep thinking. Means Arjuna hated him superficially, not deeply. 'Ut' literally means above, and Tara means floating. Due to this the power of anger was being transformed into the image form of Kundalini meditation. Due to this, the Navjeev or newborn as Parikshit was feeling kundalini in the form of Krishna's Dhyana-chitra. The new soul is because the soul is transformed into a new one by meditation. Then that transformed person, even after growing up, used to search and test the same meditation picture everywhere, because it is very blissful and benevolent. When it is so good in the subtle form in the mind, then how much better it will be in the physical form. But the physical form has its own compulsions. That's why it is nowhere to be found. A man keeps on testing it everywhere. Every man especially awakened man is Parikshit.

One more thing, the war chakravyuh in which Abhimanyu entered had seven layers. Firstly, the name is also chakra, and the count is also equal to the chakras of the body. Both are in the form of a layer on top of each other. Muladhara

Chakra is limited to itself, Swadhishtana Chakra covers it too etc. In this way, the upper chakra covers the lower ones as well. Sahasrara covers all the chakras. When a person enters Chakra meditation due to anger on someone, then he can enter inside, but cannot come out, because anger ends with the effect of Sadhana or meditation. Dhruva went out to find Lord Vishnu filled with anger towards his step mother, but when lord Vishnu met, his anger ended and he started loving the same mother very much. Perhaps the same happened with Lord Rama, that's why his ill-wishing stepmother was most dear to him.

Kundalini tantra and eunuchs have an inherent relationship

Shiva Parvati travels on different chakras after meeting in Sahasrar. In fact, the real Shiva is the complete non-dual form of supreme. Real Parvati is the mental meditation picture. The bodies of man and woman who are bound in love are only a medium or a helper to bring about the union of the real Shiva and Parvati inside. Both those bodies first go to a secluded place, where there is no disturbance from anyone. Shiva and Parvati went to a cave for this where they courted for a thousand years. This secluded place can be called Sahasrar Chakra. There Shiva got awakening. Then both started roaming at different places. In fact, some place is associated with a particular chakra and some with another. That's why sometimes some chakra was active and sometimes the other. The chakra which is active, the meditation picture i.e. the real Parvati also gets focused there, this is the rule of yoga. That is why there nondual and bliss form Atman i.e. real Shiva is also more expressed, because Shiva and Parvati want to live together. Embodied Shivparvati are co-operative with bodiless Shivparvati, not opponents. So if someone says that the real awakening is due to the union of the real Shiva and Parvati within the mind, physical romance ie love has no contribution in it, then it doesn't appear correct.

The bodiless Shiva inside the embodied Shiva is in the form of nondual supreme, and the bodiless Parvati there is in the form of mental Kundalini meditation image. When the bodiless Parvati residing inside the embodied Shiva becomes completely united with the bodiless Shiva therein, it is called Kundalini awakening of the embodied Shiva. In this, the embodied Parvati helps embodied Shiva through romantic love relationship. This gives the bodiless Parvati the sexual energy necessary for maximum manifestation that's for the formation of clear mental meditation images. Due to which she rises up to the Sahasrar Chakra and becomes united with bodiless Shiva inside.

Now let's describe embodied Parvati. The bodiless Shiva of embodied Parvati is also in the form of same nondual supreme or formless lord, and similarly bodiless Parvati as her mental meditation image. When the bodiless Parvati residing inside the embodied Parvati becomes completely united with bodiless Shiva, that is called the Kundalini awakening of the embodied Parvati. In this, embodied Shiva helps embodied Parvati through romantic love relationship. This gives the bodiless Parvati inside the necessary energy to manifest as much as possible that's create a clear mental picture. Due to which she rises up to the Sahasrar and becomes united with bodiless Shiva there.

Now when awakening has occurred that's bodiless shivaaparvati has been fully united in sahasrar, then this union descends down through front channel. Although at lower chakras they aren't fully united, it's as if sharp meditation image is experienced with profound bliss. First this union drops down to agya chakra. There meditation is strongest of all chakras except sahasrara. Then it descends to throat chakra. Then to heart chakra, then to manipura chakra, then to swadhishtan chakra and lastly to mooladhara chakra. Here this union becomes ready to return back to sahasrara chakra through back channel, however awakening doesn't happen again for long time due to many reasons. This shivaaparvati union goes on wandering the entire planet stationing temporarily at different places akin to chakras. You can call sahasrara as shiva loka or mount Kailash, agya chakra as alkapuri and likewise all others. You can also call all twelve chakras as dvadash jyotirlingas, in which Kashi is also one that's very favourite to Shiva and there Shivparvati are often seen wandering blissfully.

Bodiless Shiva and Parvati are equally situated within both man and woman. The female body has been given the form of bodiless Parvati or mental meditation image because the qualities of both are found more matching. The male body has been given the form of bodiless Shiva or formless supreme because the qualities of both are more similar to each other. This means that all people are bisexual to some

degree, because both have same bodiless shivaaparvati inside and both have bodily characteristics matching to bodiless shivaaparvati, although proportion of bodiless Shiva and bodiless Parvati gets varying. But one who boldly reveals both these genders outside, is insulted by being called Hijra or Kinnar or eunuch. Although some physiological defects can also be behind these expressions. They were highly respected in ancient India, and were considered special. This thinking had changed during the period of slavery. Now even the third gender has got official and legal status. Eunuchs are a good example of Yinyang i.e. Shivashakti union. In these, Kundalini Shakti appears abundant as I think. When coming in contact with a woman, you feel the similar essence as that with a familiar man, then understand that the yinyang is bound very much and strongly in her. This type of masculine woman helps much in awakening. With her, a meditation picture is always firmly fixed in one's mind, without any special spiritual effort or yogic practice or only little of these is enough. From this it can also be possible that when being in contact with a man, one starts feeling the contact of a woman with the same nature as him, then he is also a storehouse of yinyang. Surely it happens as many people's experience says this. This type of womanized man also helps much in Yoga meditation and awakening. Yes, one more thing, I don't feel the need to write separately about gay, lesbian, etc. people, because they also seem to me to be bisexual or Shivshakti like eunuchs, meaning both men and women are seen in them. Actually, what happens as a basic principle is that the feeling of sexual intercourse that arises towards eunuchs, has more restraint in comparison to a perfect woman or man. This happens because a man is seen in a woman and a woman is seen in a man. In this opposite view, the sex drive is always present in a controlled form, that is, it neither disappears like a normal state, nor grows uncontrollably, pushing a man into the quagmire of sexual vulgarity. Because of this, the energy that goes from Sahasrara and other chakras to Swadhishtana and Muladhara chakra due to sexual desire, it turns back and goes up amplified through the back channel and again turns down through front channel chakras creating activity in the organs related to them. Meaning that energy does not come

out in the form of sexual intercourse or ejaculation. The energy circulating in the chromosmic orbit is considered to be excellent, as it refreshes the entire body, and also amplifies itself through the influence of Muladhara. Now no one may give me the status of kinnarologist or eunuchs expert. That's why I will not go into much detail. Both these types of yinyang personality help a lot in Kundalini Yoga and awakening. So why not consider eunuchs on the same lines as Yinyang machine or Kundalini machine. Probably this was the main reason for their respect in ancient India. That is why their number is considerable in India, and here they also have their own separate society. They worship Ardhanarishwar. Otherwise, people keep saying that their blessings are not false, their spoken words prove to be true, etc. All these are Siddhis like Kundalini Yoga Shakti evoked. Recently, I saw a biopic webseries named Tali, which is based on the life of transgender Gauri Sawant, who played a major role in getting transgenders a constitutional status. It showed how she was a victim of atrocities and hatred since childhood for revealing her bisexual nature, and how she helped society to change such attitudes.

Kundalini Yoga is important for environmental protection

When Arjun was doing penance to Lord Shiva for the Pashupat weapon, a demon named Mook sent by Duryodhana came there in the form of a pig. He was going through the same route where Arjun was, breaking the peaks of the mountains, uprooting many trees and shouting various types of meaningless words. Seeing him, Arjun started remembering Shiva. Shiva came in the form of Bhilraj or jungle tribe's king to kill him. That boar between Arjuna and Shiva looked like a wonderful peak. Both of them fired arrows together. Lord Shiva's arrow entered the tail, came out of its mouth and soon disappeared into the earth. Arjun's arrow (probably after entering the mouth) came out of its tail and fell on the ground in the side. The pig fell down dead at that very moment.

Explanation of the above myth

Duryodhana means ego makes Arjun's Karmayogi soul do so much work that his Ida and Pingala nadis become active, meaning Arjun's body itself becomes like a pig. The mooladhara itself is its tail. Ida and Pingala are the two sharp teeth on its sides. The diverse thoughts of the wandering mind in the duality-forest are its face. Only the wandering mind can break the mountains, not the body. The Mook name is Hindi word for dumb. Because the wandering mind never tells a man that he is his enemy and has come to fight with him, but keeps on attacking by deceit, that is why it is called dumb demon. Just as the mind feels like a mountain between the soul and the Supreme Soul, similarly it was feeling like a pig. Due to the alternate activation of Ida and Pingala nadis, a person becomes so active as if he is ready to break a mountain. When Ida is activated, he does the work of the world in a frenzy, and when Pingala is activated, he falls asleep. After waking up from sleep and so getting refreshed, again starts running to do sinful deeds like looting and hunting. He oscillates between this duality of darkness and

light, and does not see the equanimity or non-duality of the sushumna nadi between them. The color of the Indian wild boar is also a mixture of black and brown, indicating the duality. Filled with stupidity like an animal, he keeps on doing bad and environmental-killing work. Nowadays man is like this. There is no brake on activity. He is hitting his head everywhere like a blind man. Hollowing out the ground. The forests are being destroyed. After polluting the air, land and water, he is roaming in it with joy and fun. All these are characteristics of a pig. Shiva inserted an arrow through its tail, which means Shiva caused activation of the sushumna channel through mooladhara. Actually, this is what happens by meditating and worshiping Shivalinga. That arrow came out of his mouth i.e. Sahasrar Chakra and merged into the body through the front channel called as getting lost in the earth.

Arjun was anyway meditating and worshiping Shivalinga. It is natural that his Sushumna became active. This Brahmashir arrow emerges out of the Brahmarandhra. The whole body of the pig is the face. It can also be understood that the arrow turned down and merged into the agya chakra. From there it reaches the mouth, through the secretions of the palate. There that secretion goes into the land, that is, the stomach, and there it is spent or merged in the form of energy in digesting food. Just as food is made in the soil, similarly it is made in the stomach too, of course in the form of light and broken micro pieces to be absorbed by the body. By touching the tongue with the palate, Arjun brought down the energy of the brain through the front channel. Due to this, that previously ascended power went back to Muladhar down. That which is meditated by Arjuna by his will inside the brain, is the arrow released by Arjuna. It comes from top to bottom through the front channel. Suppose that Shaktibaan or energy arrow reached the Muladhar and came out and fell on the ground in the lateral part. But how did it fall out? There is a possibility that Shakti fell out in the form of semen. But why did Arjun have to run out to get it. By the way, great things are done with the power of semen, big industries and businesses run, and material prosperity spreads all around. Perhaps Arjun ran here and there to collect them, calling them his own. There is also a possibility that Shakti came in

the form of semen to the Vajra tip, which Arjuna tried to pull back up through the yoga. But how did it fall to the ground? It may have fallen in the vagina, which is being pulled back through Vajroli Mudra. But Shivganas should not have objected in this, because it is a personal matter. Shivgan said that the pig was killed by Shiva's arrow and it is the arrow of Shiva that fell to the ground. In fact, due to the effect of Shivlingam, the power of Mooladhar itself was going up to Sahasrar and then turning and coming down through the front channel. Arjuna thought that he created that power by meditating in his mind, but in reality he was able to meditate in the mind only by the power of the Shakti coming up from Muladhara, not by his self-power or will. With the awakening of Muladhara Chakra, Sushumna was activated, due to which Ida and Pingala became like inactive. Means the pig in the form of ignorance had died and also the mischief caused by ignorance alongwith. Arjuna leaving the shelter of Shivling forced to do so by his ego or not giving credit to Shivling for killing the ignorance form pig is his fighting with Shiva form Bhilraj. In the end, he has to understand the greatness of Shivling through his defeat by Bhilraj. The Shaktibaan that fell on the side of Arjuna could be in any form of food, grass, flower etc., which he had grown by walking with his legs. Energy descends mainly from the mooladhara to the legs. And Muladhara got power from Shivling. That's why Shivgan was asserting his rights on them. The animals, birds and insects that eat food grains, grass, leaves, flowers etc. are Shivagana, who are dependent on the cooperation of man for their life.

Arjuna said that the arrow was painted with back lines and his name was inscribed on it. We can call the lines the ridges of the ribs situated transversely on the front channel, which are at its beginning. We can say that the name is engraved in the form of heart chakra, because in it the whole attitude of a man, meaning his identity, is hidden. Arrogant man would have fought only with God, to collect his wealth. God keeps on punishing him for that selfishness. This is the fight between Shiva and Arjuna which reaches to the wrestling match. Then a time comes when man rubs his head in the temple of God to fulfill his selfishness. This is the same part of the story, in which Arjuna grabs Shiva by his feet and tries

to throw him around, but at the same time, pleased with his feet being held, Shiva reverts to his real form and gives him the Pashupat weapon as a boon. It is like when a man goes to the temple of God with any sense and attains good wisdom, and unknowingly obtains the boon of being saved from calamity. Pashupat Astra means Shiva had explained to him through the above incident that only Mooladhar can control Shakti well, not Sahasrara or brain. With this understanding, he calmed the irritation of the brain caused by the Brahmastra shot by Ashwatthama. This phenomenon can be understood more clearly in the following way. Arjuna fought with Shiva in the form of Bhil for many years, first with arrows and then with wrestling. Actually such a war can happen only between ego and truth, because two persons cannot fight continuously for years. Ego first spends all the equipments and all the prosperity of its life in denying the God. God destroys them one by one so that man can improve. Of course he destroys them in his mind in the form of boredom with them, not in the outer physical form. In the end, when nothing is left, man fights with the Lord with the help of the memories and desires of those material achievements within him, that means he maintains his existence separate from the divine. If any member of the family leaves the house, he will go after fighting, not by hugging with love. Sanskrit word Vasna seems to be derived from the Punjabi word vashana or vice versa, which means smell. All the joy is in the smell. When there is no sense of smell due to cold etc., then food does not taste tasty at all. You must have noticed that sometimes an old memory comes to mind with great pleasure. It seems that the pleasure which might not have occurred even at the time of that actual physical event, comes in a very vague memory. This is the lust or smell of that event. It is just like the fragrance of a perfume. Perhaps this is the most subtle form of the world which is also called Tanmatra. If such smells of past events or the past world are coming, then understand that the Yogi is situated at a high stage of spiritual practice and his worldly waste is getting purified and merging into the soul. Soon he may even get a glimpse of awakening. When the last weapon of Vasana is destroyed, then one starts drowning in darkness, which is also called the Dark Night of

the Soul. Then he goes to the temple of Lord Shiva to defeat him, which means he grabs Shiva's feet to throw him away. It is like a man going to a temple to seek material prosperity. Then God becomes pleased and reveals His true form before him, due to which he accepts defeat at that very moment. The darkness of ego cannot stand in front of the light of God. Maybe this is awakening.

Kundalini Yoga powered Ganges flow irrigates the chakras in the form of Shivlinga

Famous legend of Atri-Anasuya

The story of Anasuya comes in Shivpuran. Anasuya means one who does not criticize or condemn anyone. Once there was a great famine. There was shortage of water everywhere. People and animals started dying due to thirst. Saints cannot see the sufferings of the world. Therefore, Sage Atri started doing penance for water. His disciples also left him. Only Anasuya continued to serve her husband and worshiped the Shivling everyday. One day Atri asked for water. Anasuya took the kamandal that's sacred handheld pitcher and started searching for water. On the way she met Ganga. Ganga was pleased with Anasuya's devotion to her husband. Anasuya asked for water from Ganga. Ganga asked her to dig a pit. That pit became filled with water. Anasuya went away with water. He gave water to Atri. Atri said that it was not like everyday drinking water. Anasuya told the whole story. She took Atri to that pit. Both of them took bath in it and drank it. All the people were satisfied with that. When Ganga started leaving, Anasuya prayed to her to stay there forever. Ganga in return demanded from her the fruit of her one year's husband's service and worship of Shiva. Ganga said that she likes husband service the most. When Anasuya gave it, Ganga settled there. Along with this, Shiva also sat there forever in the form of Atrishwar Linga.

the explanation for mythological story

Atri is a living soul. Atri literally means devoid of all three qualities or gunas. Only the soul is like this. Anasuya is intelligence or intellect. Intelligence does not condemn anyone, because it wants everyone to get its work done. Only a useless mind condemns. Intelligence is like a devoted wife to her husband as soul. She serves the living being soul in every way, along with worshiping Lord Shiva. An idle mind

does nothing. Actually work is done by intellect, and work itself has been called worship. Work is the worship of Shivling because the world is made up of a combination of Purush meaning Shiva and Prakriti meaning Shakti. The body itself is that drought-stricken country. All the cells of the body are its people and creatures. They were thirsty means deprived of water in the form of energy. Energy flows like water. Intellect used to provide the soul in the form of Rishi Atri with enough energy or simple water for living. But the whole body country could not survive well with it. That's why sage does penance i.e. Kundalini Yogasadhana for extra energy. One day, on asking for Shakti-jal by Rishi-jiva, Anasuya-buddhi started wandering all over the body in search of it. By the grace of Shivling, she felt the sexual based Kundalini Shakti i.e. Ganga around Muladhara. She inspired the prana of the body i.e. the workers of Dahdesh or body-country to make a pit there i.e. to press Muladhara with the heel in Siddhasana or to make a sensory pit in the front Manipur Chakra by yogasanas, massages etc. It seems to me that this pit is the deep pit above the base of the back or the hip bone prominence. At the time of massage, by pressing hard with the base of the straight palm and slowly sliding upwards, a sharp and blissful sensation is felt, which starts climbing upwards in the spinal cord. It seems to be directly related to the real or textual Mooladhara, because Mooladhara is also often referred to as the pit. Massage should not be done in the spine with the force of fingers, because there can be a fear of damage like injury to the delicate bone. Divine water was filled there, which means there was a feeling of blissful energy. She fed that water to the sage means the soul felt that sensation. The soul found it different and divine from other days because sexual pleasure was also mixed in it. Both of them took bath in it, which means that it climbed up from the coccyx to the brain, due to which both of them got refreshed along with the whole body. Both the intellect and the soul reside in the brain and are connected to each other, so they feel everything together. It can also be taken in another way that a tantric couple is consuming energy together in Yabyum posture. All living beings were satisfied after drinking water, which means all the cells of the body were refreshed and recharged with energy. Ganga liked Anasuya's chastity. Surely she must

have taken his test, only then came to know. Nowadays there are many examiners of the religion of chastity. For women going to office or work, various men peeping at them and talking to them with love-filled obscenities, being in the mood to misbehave with them, etc. is their test. There will be no exam while sitting inside the house. The meaning is clear that stay with everyone but serve your husband only. Ganga asked Anasuya for a year's good deeds in exchange for permanently settling there, which means that Sushumna can be permanently awakened by one year's Tantric Yogasadhana and Shivling worship. There the Atrishwar Linga was also established permanently. To me it seems to be the awakened Muladhar Chakra. Chakras are in the form of lingas, because the same sensation as linga-based is experienced there. Twelve Jyotirlingas are twelve chakras only. The light is created there by the shining of the meditation picture. That meditation picture can be the form of Shiva, Guru, lover etc. According to Shivpuran, there are many lingas and upalingas, but these twelve Jyotirlingas are the main ones. Other lingas are called sub or upa lingas only, not Jyotirlingas, because the brightness of the Kundalini picture is felt only on the chakras. By the way, every cell of the body can be called a linga, because they become active only when Ganges water in the form of energy falls on them. As far as the Kundalini Shakti in the form of Ganga reaches to bathe, there is linga's presence. Anyway, cerebrospinal fluid flows in the spinal cord, which is just like water. Many scientists claim that energy flows in the same way as the flow of a fluid. Although at the time of Sushumna awakening, energy flows in the form of sensationally bright line. It is possible that flow can occur in both ways, especially in the common and simple energy flow, the contribution of fluid flow is more. From this story it seems that any sage discovered Kundalini Shakti and realized it, which he told in the form of a myth rather than telling it directly.

Kundalini awakening course seems to be attached with materialistic worldly degree

I don't know whether a scientific and thrilling event like Kundalini awakening was shown as strange, different from others, supernatural, related to religion or sect or related to the spirituality only. I don't know why people consider the soul to be a radish grown in a neighbor's field. The soul is one's own self. The English word "self" still seems more accurate. The Sanskrit word Atman is also correct, because it is the same word used for oneself. People in other languages can make a mess of things. Kundalini awakening is like the pinnacle of physical happiness. This is like the pinnacle of material achievements. When a man considers it separate from the physical world, then he starts living isolated from the world, in search of some different supernatural joy or awakening but in reality he does not get anything. People say about an awakened person with wide eyes filled with surprise and strangeness that he is a resident of the special world of Babas or renunciates, away from the worldly goals. Probably most of the people seems like afraid of him just like someone is afraid of an alien. Well, it is so and also not so. It depends on society and culture. People of Sanatan Vedic society and culture may find him as their hero or lover, whereas non-Vedic elements may find him just opposite. The reason for this is that Vedic culture is closest to and favors awakening. Non-vedic type people don't even understand that he has probably drunk the entire pot of that material pleasure offcourse for a moment of which they are chasing every drop. It seems nothing transcendental or anything like that in real sense. This is because they have heard it like this, they have been taught like this since birth. If awakening had been achieved by staying away from the world, then all the renunciate Babas would have achieved it, but I have not seen even a single one till date. I have read and heard about many Babas, but I have never heard of them experiencing awakening. Even talked to many Babas, they could not even give the definition of awakening. Imagine several climbing

friends climbing Everest. Suddenly one of them said that he had reached a greater height than this in the form of Jagriti just by staying in the valley down, but no one would believe it. Everyone will say that awakening is a different subject, and material achievement is different. What happens from this is that even when a man achieves great material achievements, he is still not motivated to achieve awakening, because he has not recognized that all his material efforts are attempts to achieve a kind of awakening. Even after reaching the pinnacle of material development, he remains just one step away from awakening because of his foolish beliefs. He is thirsty like a fish in the sea. One who remains situated in the right belief begins to realize awakening near the peak of materialism, and with the help of Tantra, Yoga etc., he takes the final leap of one step and attains it. One who lives in the wrong belief of discrimination, he considers the end of his journey after reaching the peak of worldly enjoyment or development of material worldly life, and decides that now the matter of materialism will end and now the matter of spirituality will start from the beginning. Meaning, he keeps the incomplete degree of four out of five years in the box and looking at the subject of awakening of the fifth and last year, he says that this is a subject of spirituality, what does it mean to him. After some time, he even forgets the four-year degree, and due to the time gap, he is not able to get admission in the fifth year. He is forced to start studying the subject of spirituality from Nursery KG. Imagine how much time it will take. Leaving aside the easy course of one year of attached awakening, he chooses the degree of awakening of seventeen years. By the time it's earned, the man has grown old and is about to die. Then don't know in which birth one will get it. It would be good if awakening is found while still in a young body, after that we can trust Lord Rama. Such narrow thinking has not come suddenly, it has gradually spread in the society through blind imitation of the old sect. Therefore, one must believe in the old good things, but one must also have independent thinking. I am not against limited fanaticism. Wherever I have talked about opposition to fundamentalism, it should be understood as opposition to extreme fundamentalism. Now we cannot write the word extreme everywhere. These are all

games of words, which can easily create a mess. Some fanaticism is also necessary for religion. Extremism is bad. All inhuman acts are done out of extreme fanaticism, not limited or ordinary fanaticism. Due to fanaticism, man sticks firmly to his human rules and religion. Is religion necessary for every man in the world? Yes, ofcourse. Some fanaticism is necessary for it. If there was no fanaticism among Hindus, their precious Vedas and Puranas would not have been preserved till date, especially as they have been attacked. Countless social achievements of a country like culture, technology and teachings etc. are preserved by fanaticism and are handed down from generation to generation. Nowadays the situation is such that even the minor fanaticism adopted by the poor Hindus to protect themselves and their culture is being questioned, and the extreme fanaticism of many other sections is being ignored. This trick needs to be understood. For example for self-defense, some so-called fundamentalist Hindus are advocating a uniform civil code in the country, while a large section of Hindus, being deceived by other sections and being lured by some personal interests, are opposing them to prove themselves completely non-fundamentalist. This is the reason that despite being in majority by a huge margin, Hindus are divided and are not able to even protect their Sanatan culture, leave alone its development. Inauspicious fanaticism has troubled the auspicious fanaticism. It is said that Kundalini awakening is achieved after twelve years of meditation. This does not mean that sitting holding one's nose for twelve years leads to awakening. This means that if one stays in the material world rationally for twelve years with the above correct beliefs, then Kundalini awakening can be achieved by the practice of the thirteenth year. This is just like if four year B.Tech degree completing students are told that a one year M.Tech degree is also being added to it, then more than half of the students will leave because they were not mentally prepared for it. But if the five-year B.Tech.M.Tech integrated degree is done from the beginning, then all the children can do it easily, because they have always been mentally prepared for it right from the beginning. Trust and dedication are important in every area of life. I did all the pilgrimages in my childhood, which is

called Char Dham Yatra. Maybe that's why there was awakening. I'll make separate post on it if time permits. Many people start claiming that they have attained awakening after doing yoga for four days. They consider the movement of nerves as awakening. It is believed that doing yoga brings awakening, but it can take a lot of spiritual practice to reach the right yoga practice. That is why there are elaborate spiritual processes in Sanatan Vedic religion. It is like it is very easy to jump out of the Earth's outer orbit into space, but it takes a lot of hard work to reach there. It is a different matter that a sharp minded person can learn immediately from an experienced person, but such people are very rare. Faith in these pilgrimages etc. has been created in the scriptures. Almost all places across India are associated with spiritual stories and pilgrimage. This gives divinity to all of those places. There is great strength in belief or faith. Only by wrong belief does the infinite soul become a limited world. When belief is straightened, the finite world returns to its true infinite self. Quantum science also proves that if you consider matter as a fragment or particle form, it will appear the same, and if you consider it as a monolithic or wave form, it will appear the same. Of course, the real form or form of happiness and salvation is the second type that's wave form or non-dual form. I feel that the rituals of Sanatan Dharma are actually spirituo-biological things and actions taking place in the body, which are given a physical form and are shown in the form of physical objects and actions in the physical world. It has two benefits. Firstly, divinity comes into all worldly things and activities, due to which everything becomes worship. If you believe then God is there even in stone, if you don't believe then God is not present anywhere. Secondly, they continuously have a subtle impact on the subconscious mind of people, due to which people turn towards yoga involuntarily. In ancient times, people had a lot of extra or surplus free time, especially in India because the yield of natural resources like grains was good and there was no technological interference or stress arising from it. It is the monsoon season of India. Here people would have grown a lot of crops during the monsoon and stored them and would have been comfortably consuming them throughout the year, because it rains here only during the monsoon season, and

the rest of the year there is pleasant sunshine. Therefore, Vedas and Puranas must have been written after a lot of thinking so that they can be accepted in the society. There must have been debates on them, and then there must have been amendments to them. Today everyone is writing books on which there is neither discussion nor debate. Therefore, there is more doubt on their authenticity than the Vedas and Puranas. Not all myths can be revealed with the ordinary intellect. This does not mean that they are completely speculative or without any psychological basis. But the biggest message that comes from the revelations of many myths on this website is that all the myths of the Vedas and Puranas are classical, worldly bound, principled and spirituo-scientific. Therefore, it is good to believe because faith has great power. Unlike other religions or sects, Sanatan Hindu Dharma has not been created by any one person but has been watered by countless Brahmins, sages, yogis and philosophers through the stream of eternity. That is why it appears to be the most democratic religion.

Kundalini Yoga as the story of demon Mahishasura killing

The method of writing in Puranas is Vedic i.e. classical or social. There is decency, etiquette and discipline in their stories. There are limited words. Anti-social mysteries are also described in them in a social manner. For example, Muladhara is described as a dark deep pit or underworld on earth somewhere or the ocean. The attached thoughts of the wandering mind or the ego are likened to demons or animals. They are shown entering the pit or living there. They are shown killing and harassing all living beings and gods including humans. Then Indra and other gods are shown going to Brahma and he alongwith them to the divine hero for help and pray for that. Then the hero of the story enters that pit and takes out the demons and their overlord. Fights them and by killing them or purifying them grants them the highest position of salvation. In fact, all thoughts merge in God only. This is the spiritual science of Kundalini Yoga. Meaning, God has installed Yogakundalini shakti in the body himself to fight ignorance. The yogi concentrates on the meditation image in the Muladhara chakra area. When that image reaches the brain through the nerves, it also brings with it the suppressed thoughts and emotions of the subconscious mind. Due to this, they get expressed in the mind with the feeling of witnessing and merge into the soul. In reality, Shakti ascends from the base, with the help of meditation image. The same Shakti exposes the emotions buried in the mind. To explain, it is said that the meditative image in the form of Shiva brought out with itself all the suppressed images in the form of demons from the pit in the form of Muladhar and liberated them by killing them. Shakti is sleeping in Muladhar, due to which due to lack of energy in the brain, its Kundalini-like buried or hidden or subconscious or unconscious thoughts are also sleeping. It is explained that those thoughts also sleep in the Mooladhar. When that Shakti starts awakening due to strengthening of Mooladhar, it also starts awakening or expressing the thoughts of the brain. It is explained that the Kundalini Shakti of Muladhar is awakening, that is, the mixture of Shakti and thoughts is awakening. That

is why people who live longer are taking special care of their perineum area. I was watching the webseries Live to 100 Years, where one of the secrets of longevity of the people of Okinawa, Japan was to keep their base strong through exercise, physical labor etc. The story is built on the base. God himself just make the Shakti accessible and agreeable and also provide favourable conditions for her waking up. This is according to the statement of Patanjali Yoga that while doing Yoga, one should remain surrendered to God and also worship Him because He helps in making Yoga successful. He has called this Ishwar Pranidhan. There is almost a similar trend in all the stories. Similar stories keep coming in between few verses or pages direct spiritual knowledge with changes in name and form to make all interesting. In Shivpuran, Shiva is shown as the hero who kills those demons, whereas in Vishnupuran, Vishnu is shown. The same non-dual principle is called by the names of different gods, which is the experience of awakening. The body is shown as the universe, and the special organs and senses are shown as ordinary gods. People or body cells or simple organs are shown as common people or public. These are all interconnected.

For example, there is a story in Devibhagwat purana that a demon named Mahishasur was in the shape of a buffalo. Sometimes he would take the form of a handsome young man and sometimes he would become a buffalo because he was an impersonator. The common ignorant man is also such an impersonator. Sometimes he creates a beautiful appearance with the external garb and glitter of the attached thoughts of the mind, and sometimes it comes in its true and hidden form, which is in the form of darkness and ego. Sometimes he is shown fused, half buffalo and half man. This is like when there is depression inside a person. At that time, dark and blurry pictures are being formed in his mind. Or there is that condition of man in which he cleverly faces his dark state and tries to get illuminated with good thoughts. That demon used to torture humans and gods, killing them and causing pain to them. Everyone dies due to ignorance. Ignorance is also the cause of sorrow. He had driven away the gods from heaven and took charge of the governance of

all the worlds. In reality, the gods are the representatives of the Supreme Soul, hence, they ensure the material progress of man and take him towards him i.e. towards salvation. Not only do they control the physical world, they also stay in the body and keep the body under control. But when man comes under the control of ego born out of ignorance, then he behaves arbitrarily, due to which even his material progress becomes cosmetic and ultimately painful, and he moves away from God. Heaven is the brain in which Sahasrara and Ajna Chakra are the main places. The brain itself is a world as luminous as heaven. In a knowledgeable person, god means the luminous non-dual feeling and by keeping him under his control, he makes the man's body and mind perform auspicious deeds. But in an ignorant person, this demon i.e. darkness or duality in the form of ego takes control of the body and mind and makes one perform inauspicious deeds. Gods are still doing all the work of the body, but they do their work secretly in other worlds, away from heaven. In a way they become slaves of demons. It is like the workers in a state do all the work, whether the king is of their choice or of their dislike. If it is of their choice, they get proper respect and facilities, and get proper position or representation in the palace, if it is of their dislike, they remain like slaves. The king of the body is the soul, which resides in the brain. Through satsang or spiritual company it remains under the influence of gods, and through bad company it remains under the influence of demons. As he associates, so does he become. That Mahishasura expressed his desire to marry the goddess. The goddess played with him a lot. In the end she fought with him and killed him. He became free by merging with the goddess. An ignorant common man also wants and tries to do the same. When he is in the darkness of spiritual ignorance, his Kundalini Shakti is in Mooladhara. She wants to get up from there. For that he wishes for love and marriage with the woman. A woman like Devi does not accept his proposal at all. She makes him dance a lot behind her. Due to this, the charming image of that woman gets settled in the man's mind in the form of a continuous trance. Gradually, all his actions and thoughts are burnt to ashes by that samadhi picture, and he also becomes awakened by his continuous natural meditation. After awakening him, the

goddess also leaves him. The man has died in a way, because due to transformation his previous world comes to an end. Because Goddess has the biggest contribution in this awakening and transformation, so it was believed that he was killed by the goddess. Actually it seems like that too. That goddess seems to be both an enemy and a friend. An enemy because she destroyed a man's world or killed him and a friend because she awakened him or liberated him by merging him with herself. That is why most of the demons, despite being enmity with the god all their life, praise and thank him while dying at his hands. Instead of goddess, there can be a god too in male form. This is the general style and principle of the stories of the Puranas, which applies to most of the mystical stories. It also seems that in other Puranas these have been kept more secret than Shivpuran. In most of the stories of Shivpuran, there are some key words or key sentences which help in solving the story. The reason for this seems to be that Shivpuran is mainly written for people engrossed in ecstasy and worldly illusion, whose intelligence is not very subtle, and who do not find the revelation of such stories odd or strange. Although this is a common principle of common household life, it is rarely experienced before awakening. We can also call this natural Kundalini Yoga. It is said in the scriptures that the one who is killed by an incarnation of God becomes free by merging with him. Probably this principle is at the core of this story also.

Kundalini Yoga consuming surplus tantric power

Friends, there is a story in the scriptures mainly the Shivapuran that once Devraj Indra along with Lord Brahma and other gods left his house with the desire to go to Kailash and have the darshan of Lord Shiva. Lord Shiva came to know about this because he is trikaldarshi or all time viewer. He thought of testing him. He disguised himself as an Avadhoot or badly posed renunciate type with matted hair and stood in his way. Devraj Indra asked him who he was, and asked him to leave the path. Also asked about the here about of Shiva if he was at Kailash or not. But he did not answer. He was asked again and again, yet he did not answer. At last, in anger, Indra fired his deadly weapon Vajra at him. At the same time Shiva came into his true form so that the vajra could not do any harm to him. Lord Shiva was very angry at Indra and was about to kill him when Brahma fell at his feet and started placating him. Due to this Shiva felt pity on him. Shiva asked him where he should vent his anger. Once the anger of a Purnayogi or accomplished yogi comes out, it never returns. Brahma asked him to pour that anger into the sea. From it the demon Jalandhar was born from the sea.

Spiritual analysis of the above story

Shiva means the awakened one here. Indra here means ordinary Tantrik or ordinary Panchamkari. The power obtained by him from simple tantra is not used for Kundalini meditation, but for the growth of worldly life. It also includes Kali Tantrasiddhis or black magic like Maran, Taran etc. Probably the use of Marana or killing Shakti by Indra has been called Vajraprahar, because like awakening, the basic source of such tantric powers also seems to be the Vajrashakti or Sushumna Shakti passing through the spinal cord. There seems no other way to attain supernatural power in the body than this. But it does not harm a real Tantra Yogi in the same way as fireflies cannot harm a lamp, on the

contrary they can burn themselves. Sometimes, if many fireflies gather, they can cover the lamp a little bit. Similarly, very powerful Vajra Shakti or hateful tantric Vajra Shakti launched by many people can also cause some harm to the awakened Yogi too. However, he keeps walking on the path of truth without caring about his own loss, but when his life is in danger, then anger comes out naturally for self-protection, it is not a common anger that is expressed deliberately, nor it sounds like anger. His anger may come out in a transformed form. Like in the form of some social reform movement or as a boon to someone. That anger does not harm anyone, because an awakened person does not harm anyone at all. Now, it is not known what good of the society is hidden in the origin of Jalandhar, but Indra was saved from destruction, meaning the entire creation was saved from destruction, because Indra is the king of the gods. Anger is man's biggest enemy. Anger weakens or destroys one's own body, and all the gods including Indra are situated in the universe of our own body. It can be said that Jalandhar is the energy of anger that has descended to Muladhara. This is called drinking anger. At that time it was drunk but later it can also come out of Muladhara in the form of immoral love affair. This is Jalandhar who had become enamored with goddess Parvati and Lakshmi. Only his devoted wife Vrinda saved him from death. This means that he had become as powerful as Shiva and Vishnu through the power of Tantra. He is already considered to be a part of Shiva. He defeated all the gods, meaning he was no longer under the control of the nature governed by the gods, and despite giving pain to everyone, remained happy through the power of Tantra. When Vishnu violated Vrinda's modesty by deceit, she committed suicide through burning in the fire and the Tulsi plant grew there with her ashes. Tulsi is the most sacred plant of Hindu religion which can be found growing in the courtyard of almost every Hindu family. It is a storehouse of medicinal and spiritual properties. The meaning is clear that a devoted woman is superior to all types of human beings and should be present in every family. Jalandhar city of Punjab is named after this demon. There is also a temple of Vrinda here. In fact, the wife plays a big role in the success of a tantra yogi. If the wife does not cooperate, even the gods do not

cooperate. Failing in this path of salvation is considered death. In reality, the extra tantric power of a meditative yogi gets spent in Kundalini meditation, due to which he has not any strength remaining to think bad or do bad. But those who use tantric practices and techniques but do not do proper meditation, their excess tantric energy remains accumulated in the body. Only it can make them do wrong. Call it black magic or sorcery or posing bad eye or creating ruckus by eating and drinking or keeping jihadist type mentality in local language. It would not be an exaggeration to say that many organisations, nations, religions or sects have been using this excess or uncontrolled Tantric energy for centuries for their illegal and immoral growth. Even demons were born from this, although they also died from this. It depends on the method of use. Energy has to be released. Anyway, Shiva is having fun. Meaning he is happy with himself. This means that he possesses all the qualities within himself as per his need. That is why they are called ghostly, because they also accept dark Tamoguna when needed. Perhaps this is how the concept of Tantrik Panchamakar originated. Others depend on each other for balance of basic qualities or gunas. Some people always remain in state of Satoguni, such as Vishnu, some in Tamoguni, such as Asuras or demons and animals and still others in Rajoguni, such as Brahma and Indra. These three types of people remain dependent on each other. Therefore, they avoid angering or disturbing each other as much as possible. Especially people with good qualities or satoguna, because it's the weakest, and it needs both the other gunas even for its sustenance. But Shiva does not care about anyone. He is completely capable in his own right. That is why he's not in a mood to forgive Indra, but it has to be done for the public good, not to fulfill his selfishness, because he does not need anyone. The state of awakening cannot be called Satoguni, although it is achieved by abundance of Satoguna. Of course, there is a light like good quality in it, but it is different from the common worldly good quality. It also has the appearance of Tamoguna and Rajoguna, but they also seem different from worldly gunas. It cannot even be called a mixture of all three qualities, of course one has to take help of them to describe it, and it feels like a mixture of them, but according to the scriptures it is not even a mixture

of them. Perhaps that is why it has been called Trigunatit or devoid of any Guna. It is like if lemon, sugar and salt are mixed in equal quantity in water then that water will appear plain but in reality it is not pure plain water. Similarly, if all the three gunas remain equal then that state will appear to be trigunateet but in reality it is not a pure trigunateet or nirgun state of the soul. Perhaps because of this deception many spiritual leaders consider themselves God. It is for this reason that the experience of awakening does not seem different in nature from the worldly experience. But in reality there is a world of difference between the two. While the experience of awakening is like pure water, the worldly experience is like water mixed with salt, lemon and sugar. The ratio of all three keeps changing every moment. When it becomes equal, then light and happiness like awakening is felt. This mainly happens due to the balance of Idapingala i.e. Yinyang through Yoga. It gives us a feeling of a state of awakening. This inspires one to achieve real awakening. The meaning from these talks is clear that the so-called Tamogun of Shiva does not hinder but helps in his awakening. Although it is not Tamogun but it looks like Tamogun. If it happens then it is of good nature. Perhaps this happens by eliminating the ego of good qualities or Satoguna. It is also said in the scriptures that awakening from good qualities is achieved only when the egoistic feeling towards it is destroyed. Due to destruction of ego, despite having good qualities, one does not focus on these much. It is because of the lack of attention or attachment towards it that it appears to be like the state of Tamo Guna. All this means Shiva's Tamoguna is virtual, not real.

Kundalini Yoga based Hindu Mythology is a source of inspiration for the whole world

Friends, although reviews of this series have already appeared online. But everyone has their own perspective. I watched it with my family. The children also sat with us to watch it without any provocation. This is the biggest proof of its quality. Nowadays children have no leisure from game videos or Hollywood masala. Although it is a different matter that we kept applauding every scene, perhaps that also inspired the children. Nowadays this is the way to make children aware of their values. G5 seems to be playing a somewhat good role in this. I had the good fortune to visit Char Dham pilgrimage at the age of just three years. At that time when medical science was not so developed and medical facilities were also not easily available. I had also contracted typhoid during the journey, it is not known whether it was cured by my own immunity or by medicine or by the grace of gods. No train reservation was available at that time. Imagine traveling almost the entire country, that too in a general bogie. At many places, people in the crowd started sitting on our laps. I remember running alone into the river bed and taking a bath in a small pit in Gaya, Bihar, when I was lost, or getting my foot stuck in a hole near the seat of a standing train, when a kind passenger miraculously pulled it out, I remember it all. Be it spending the night sleeping on the platform of the railway station in Changalpetu or watching English children playing drums in Dwarka, I remember everything. There, I used to gather shells collected from the sea and drop them while roaming around Lord Krishna of Dwarka and muttering something. I also remember that the priests were overwhelmed with devotion seeing that. For me, it was a fun game while watching others. At one place, when we were staying in a big Dharamshala that's a spiritual guest house, I also remember that to make me laugh, an elder brother from the nearby house used to throw something like a pumpkin at the monkey. That's all I remember. Yes, in Gaya a married

woman was being taken towards the river after being decorated like a queen. I found her to be a real queen and very beautiful. There is much that lies ahead as too faint memory to be written or spoken. Maybe that's why I liked this series. Visiting pilgrimage sites while sitting at home. The places of pilgrimage I visited would definitely be included in it, that is why I felt a sense of belonging. Childhood values are very important. Nowadays it has become so easy to travel across the country. Still, where do people go and where do they take their children? How this will inculcate values in them and how Sanatan Dharma or Indian culture will be protected is a matter to be thought about. Both the words are synonyms of each other. Indian culture is incomplete without Sanatan Dharma, and Sanatan Dharma is incomplete without Indian culture. We are talking about the web series Sarvam-Shaktimayam recently released on Zee Five. In this, a curious seeker comes from America and in the end he considers faith as everything and writes a book on it. A family from my country goes in search of peace, and gets the peace it wants. Whoever wants whatever, he gets it. Some have scientific findings and some have experience. The series only has ten episodes and each episode is about half an hour long, meaning a total of five hours, equivalent to two big movies. We saw it all in one day, and we enjoyed it so much. By the way, the next day my wife had planned to go to Khatu Shyam and Pushkar with a group of women, so she finished it, so that there is a good mood for the pilgrimage and there is no suspense in the mind.

Our mother was very spiritual. Of course, as a solution to some children related problems at a young age, she made clay moulded Shivlingas every day for a whole year in the morning, worshiped them during the day and washed them in the evening. After that, she kept making this rule every year throughout the month of Shravan that's the rainy month throughout her life. I believe that most of the Hindus remain limited to these basic spiritual rituals throughout their life and are unable to give the liberating momentum to their sadhana which can lead to awakening and liberation. But this is not the fault of spiritual tradition. The traditions are world famous. Many western people are also becoming crazy about

them and adopting them. Recently I was sitting in a neighboring temple. Just then the kirtan that's spiritual music started there. The women were singing very well. I closed my eyes, kept my head and back straight and started clapping vigorously along with the beat of the bhajan. Khechari Mudra was performed by keeping the tongue close to the palate. With meditation the Kundalini Shakti started rotating very well with the spasm of the chakras. There was a sound as well as a sensation due to the collision of the palms. It was also helping in the descent of Kundalini and also in its manifestation at the heart chakra. It is clear that probably the rest of the devotees were engaged in Easy Going Way for temporary peace of mind, but I was trying to give Mukti-gami velocity i.e. escape velocity to Kundalini. When the mind is satisfied with spirituality then it feels like to do some material progress and vice versa. Seeing this, I think that people of Western countries once lived in India or Asia or were in touch with it and therefore were connected to the spiritual traditions of it. Later they went to western countries like Europe etc.

YMCA, a Christian organisation is also teaching yoga along with fitness classes. Steve Jobs the founder of apple wrote how 'Autobiography of a Yogi' influenced him. Mark Zuckerberg spent time at Neem Karoli Baba Ashram. Larry Page, founder of Google, Jeff Skoll co-founder of E-bay and other leading business leaders visited the Ashram of this guru, a devotee of God Hanuman, to find purpose in their life. Beatles of the 70's and also the Hollywood of today is not escaping from this mythical concept. From Julia Roberts to Will Smith, **Oppenheimer** and many quantum physicists such as **Heisenberg**, **Bohr**, **Schrodinger** etc. are influenced by Hinduism. CERN institute near Geneva have statue of nataraja, a mythical dancer. 14 top German universities are teaching Sanskrit and European universities are getting higher demands. Joseph Campbell, the famous mythologist of the last century was well influenced by hindu pauranic mythology. Carl Sagan, the well known astro-physicist was also influenced by it. Most followed spiritual teachers of the Christian world today, such as Eckhart Tolle, Mike Singer, Wayne Dyer, Stephen Wolpert (Ram Dass) and

many others are also deep believers of Hinduism and Buddhism teachings. Lisa Miller had once stated that 'We (Christians) are all Hindus now'.

Hindus under attack: a weekly roundup of hate crimes, persecution, and discrimination against Hindus

Friends, in the incidents like present scenario of Israil-Hamas conflict, the common fanatic or extremist factor responsible for such incidents was always ignored. Had it been attended and dealt sternly as being voiced out by Hindus since the time immemorial ago mainly by those belonging to India aka Bharat and its neighbouring nations, it wouldn't have become so much complicated and uncontrollable today. It's still little time left if all nations worldwide take a firm step by taking cognizance of its root cause and making strict international laws in UNO to save the humanity from it otherwise it will be too late. Just as it can not be curbed by one nation alone today, the same way it will be out of control even for the entire world if it's delayed more. Just as Google CEO addressed to avoid anti-Semitism, he should had also added avoiding anti-hinduism alongwith as both are equally affected since the ages even the later more. Although this article from Hindupost.in is not directly related to this blog, but I found it informative and eye opening so sharing it. Moreover, Kundalini Yoga is directly related to Hinduism aka Sanatan Dharma.

Attacks on Hindus and Hindu Dharma, both in Bharat and overseas, are frequent and unrelenting. In many regions of the world, this persecution is like a genocide slowly unfolding before our eyes. For decades, the world has ignored the actual depth and breadth of these attacks, driven by disturbing anti-Hindu bigotry. From murders, forced conversions, land grabs, assault on festivals, desecration of temples and murtis, hate speech, and sexual violence to institutionalized & legal discrimination, Hindus are facing an increasing assault on their very existence along with an unprecedented Hindu hatred.

In this weekly summary for the period from 08 October to 14 October 2023, we hope to provide a snapshot of such crimes and hopefully awaken more people around the world to this human rights crisis:

https://hindupost.in/dharma-religion/hindus-under-attack-roundup-week-151/?utm_source=mailpoet&utm_medium=email&utm_campaign=hindupost-daily-newsletter_6

Kundalini yoga one benefits so many

Friends, now the time has come to create a global religion by taking the scientific and humanitarian aspects of all the religions. Well, this topic is beyond the scope of this blog, so we do not want to go into it in depth. Recently, I had written a short article on Yoga for my daughter for a university program, I am presenting it here in a little detail.

Yoga is made up of breath, power, movement, and meditation. We will study these four in some detail.

Breath is life, life is breath. Friends, breath controls the entire body including the mind. And yoga controls the breath. Rich is not he who eats and drinks, but rich is he who breathes. Through yoga, breathing is focused on various chakras of the body, thereby providing them with adequate oxygen. Real breathing is deep and feels good to the entire body. One enjoys taking it. It feels like giving satisfaction. Body movements like muscle contraction is also associated with it. After holding the breath for a while, the body begins to feel cramps. When paying attention to the whole body, they feel deeper, especially in the stomach. When holding the breath becomes unbearable, such a breath comes out. For some time it keeps the breaths as Yoga breaths. Then that process has to be repeated. No matter how much you keep taking fast breaths, you do not get complete satisfaction; on the contrary, fatigue also increases and the mind also gets distracted and wandering.

Our body operates on energy or shakti. And Shakti is controlled by Yoga. With yoga, we can concentrate energy on different parts of the body as per need. This prevents much burden on the organs, due to which they remain healthy. When meditation is done on a particular chakra by holding the breath, then a spasm is felt along with pleasure there. Perhaps this is the Shakti which is being going to the chakra. This is called the breath being concentrated on the chakra. It

is also said that Prana and Apana are joining together here. Prana is the breath of the upper part of the body and Apana is the breath of the lower part. That is why Chakra is also called Sangam Sthal at many places. The confluence point is where two oppositely flowing rivers meet.

Our life is also affected by the mobility of the body. While necessary mobility is beneficial, unnecessary mobility is also harmful. Yogasana controls the mobility of the body and prevents power's misuse.

Meditation or dhyana has great importance in our life. Quality comes only by working with concentration that's pinpointed dhyana or ekagrata in Hindi. With efficiency in work, a person starts making all-round development rapidly. That is why the word meditation or dhyana or carefully is associated with every work, like walking carefully, reading carefully, playing carefully etc. The practice of meditation develops through yoga. Meaning that life develops through yoga.

Friends, by getting all the above benefits from yoga, the body itself remains healthy. One gets sufficient oxygen i.e. vital air through breathing. With power that's shakti all his organs function properly. Necessary mobility maintains flexibility in the body. With meditation, the power gets concentrated at one place instead of getting scattered here and there, due to which it shows more effect. A healthy mind resides only in a healthy body. By having a healthy mind, our nature becomes balanced, in which there is proper participation of both spirituality or religiosity and materialism or worldliness. Therefore friends, no matter what happens, yoga should be done always and every day.

Yoga wins

Kundalini Yoga can make understand the psychology of a cow lover named Hassan from the Iranian film Gaav or the Cow

Friends, recently watched an Iranian film named Gaav, the Cow, which is available on 'Old Films Revival Project' named channel on YouTube. In it, a man named Hasan falls so deeply in love with the cow that after its death, he first starts seeing her in its shed, and then he starts behaving completely like that cow. This appears like Kundalini Yoga in theory. 'Kund' means dark well which arose as a depression due to the death of a cow. 'Kundalini' means mental picture of a cow. It was repeatedly attacking his Sahasrara chakra rising up from the darkness of his Muladhar and making him look like a mad Baba. The literal meaning of Kund is well or pit. The pit is always dark. Kundalini means a mental image in its limited or contracted form like the coil of a snake. The whole mind is widespread, which reaches till the infinity of God. But its single image is very limited. Meaning that just as a long snake coils and shrinks itself, the infinitely vast mind is compressed to the size of a lonely mental image, during the concentrated meditation. That is also called meditation image. Now there are many such things which shrink their expanded form, then why only the example of snake was given. There are two main reasons for this. Firstly, that image gets awakened by passing through the Sushumna Nadi that's likened to a hooded snake. Secondly, it is meditated in a dark environment of loneliness or solitude or absence i.e. likened to a pit just like a white dot is best visible on dark background. The extreme solitude of the crematorium is also like a pit, where Lord Shiva meditates. The pit is the form of Muladhar. That is why it is described at many places in the scriptures that a certain demon or a yogi worshiped and meditated on the favorite deity or guru in a certain pit. The image meditated in the same crater-like Muladhar has been given the scientific and short name 'Kundalini'. This single word describes Yoga in detail. Now in the said film, that cow

lover named Hasan was probably not able to give enough strength to his cow form Kundalini, hence he became like a madman in the eyes of the world. However, he had become completely identified with the mental picture of the cow and hence behaved like it. This is like a Samadhi, but it must reach awakening. I don't know if this is a real story filmed, or just pure fiction, but the topic is interesting. The real problem is how to reach the end. Until the meditation picture awakens in a person's mind, he needs maximum solitude and sufficient energy, so that the common people do not think of him otherwise or as a joke. After awakening, everything is understood and one becomes satisfied. Even if you keep playing drums in front of him, he doesn't care much. After awakening, Dhyanchitra aka meditation image gradually calms down and leaves the man behind. First, it sticks to the man's mind like a leech and keeps sucking his energy. Many people go crazy remembering their dead relatives. Some devotees deliberately meditates on his beloved deceased Guru and after reaching the end, they awaken him. Even if many people are not able to awaken it, they take many benefits from it by keeping it under control, and hoist the flag of their material and spiritual progress in the world. The same knife gives different results when used in different ways and for different purposes.

**Kundalini Shakti assisted
Goddess Bhagwati creates the
entire universe
including Brahma-Vishnu**

Happy Navratri festival to all friends

Friends, the description of creation is almost the same in all the Puranas. Everyone considers their own deity as supreme. Meaning, in Vishnu Purana, Vishnu is considered favourable, in Shiv Purana, Shiva is considered favourable, and in Devi Purana, Goddess Bhagwati is considered favourable. There is a story in Shiva Purana that Shiva was alone, although complete in himself. Just like for a fun, once a desire arose in his mind to make himself into two. Therefore, he manifested His body in two bodies, Shiva and Parvati. Then from Shiva and Parvati, man and nature aka Prakriti (woman) were born respectively. Original Nirgun Shiva asked both of them through Akashvani aka sky voice to perform penance. When both of them asked for a place to do penance, Nirgun Shiva created the city of Kashi inside his own form. Due to their penance, many streams of water emerged from their bodies, which filled the entire void. Nothing was visible at that time. When Vishnu in the male form nodded his head to see that surprise, the gem fell down from his ear. It became Manikarnika Tirtha or pilgrimage. When the city of Kashi (Panchkoshatmika/five kosha in area) started sinking in water, Shiva established it on his trident. After that Vishnu slept there with his wife named Prakriti. Then, on the orders of Shankar, Brahma appeared from his navel. Then, with the permission of Shiva, he created a wonderful creation. He created fourteen worlds. The expansion of this universe is fifty crore yojanas in area. Thinking that how will I get the beings bound by karma in the universe, Shiva kept Kashi away from the universe. Shiva established his salvation-giving Linga named Avimukta there. Even after completion of one day of Brahma, that Kashi is not destroyed. At that time

Shiva wears it on his trident. When Brahma re-creates creation, he re-establishes Kashi.

Explanation of the above story

The initial part of the story itself is descriptive. A man and a woman will marry and think of building a house only if they have the space to do so. The basic requirement is space. They can also add resources and assets later. Asking them for marriage is asking them for penance. Marriage is also a Yagya, which we can consider as an initiation ceremony for the asceticism of a householder. His father etc. gave him a piece of land to establish his household or rather gave him a place in his earthly world. That is Kashi given by the Supreme Father. He is the form of Shiva, because everything is Shivamay or Shiva form. Anyway, everyone has a sense of self or ego attached to their land and property. They do penance there, that is, keeping in mind the auspicious idea of world development, they do lovemaking, dating etc. among themselves. Due to this both of them get immersed in love. Water is also a form of juice. Love has been compared to water. Water all around, means love only love. Lovers see nothing but love. The void is filled meaning the state of depression is filled with love. When a man sees this with surprise, an idea arises in his mind to do something, which means he starts developing some practical intelligence. This is shown in the story that due to the gem falling from his ear, Manikarnika becomes a pilgrimage site. Pilgrim because immense love is mixed in his behavior, intelligence or creation, due to which purity, divinity and intimacy remain in him and his creation. Still, their love kept on increasing, due to which they started forgetting their daily routine due to love madness. They are not even able to remember where they are, what time it is and what they have to do. It is said this way that the city of Kashi started drowning in water. Then his worldly inclination returned by remembering Shiva. Trishul or trident is a symbol of three qualities, and worldly life is also basically three qualities or gunas in nature. Then, with the inspiration of elders and gurus and their instinct, they started sleeping together to have children. Then the

woman became pregnant. Foetus is also in the form of Vishnu. He was also situated in water, because the womb is filled with water. Vishnu was said to be sleeping in Kshirsagar or milk dessert ocean. The water of the womb is also full of nutrition like kheer that's a dessert made of milk and rice which nurtures the child. That can also be called love interest between mother and her son. It can also be called the city of Kashi because on it or because of it, the mother does penance for the creation of her son, that is, she endures the great pain of pregnancy. During sleep, both of them sleep together. Only then does the fetus, connected to the umbilical cord, start growing and takes the shape of a human being. It is called the Lotus because all the chakras are shown as lotus, especially the Sahasrara Chakra, which is the largest lotus with a thousand petals. When the brain develops, the mind i.e. Brahma is born on it. In the mind, strange scenes, thoughts and experiences keep developing in the form of the universe. Readers may have a doubt that Vishnu was called the father and not the son in the womb. So its meaning is that in the scriptures the son has been called the father's form, that is why the son is also addressed as the father's self. It has been said that even after the destruction of the universe, the city of Kashi remains the same, which means that even if a man dies, the womb of the mother remains the same. After the birth of the child, the uterus shrinks and returns to its original form ready for the next fetus form universe to form. It is probably said that with the destruction of the universe it becomes situated on Shiva's trident. This means the triple form in the state of equilibrium, because in such a situation nature remains present in its original form, but does not do any work in the universe. That womb is the best land of penance and the land of liberation, because there one has to endure hardships, but it is there that the sanskars are imparted, which in the future help a person attain salvation. That is why it is said that a woman should do spiritual fellowship and good deeds during pregnancy. There are many such examples in history, when a man had done spiritual practice while still in the womb. Uterus can also be called a dark place like a pit. Darkness is considered to be the form of Mooladhar. From there the power goes directly to Sahasrara for awakening. Doing

penance in the cremation ground by Shiva is like doing sadhana in the pit. Ravana also got the darshan of Shiva by worshiping him in the pit. If the Kundalini Shakti is concentrated there, then the subsequent liberation of the fetus is certain or immediate and special. A means firm or immediate, and Vi means special. That is why it is said that Avimukt Linga is situated there, whose bath should be done with Ganga water i.e. Kundalini Shakti and one should definitely continue meditating and worshiping it. Probably it is around the navel. Probably, the sound made by the movement of the fetus in water reaches the ear and is as pleasant as the tinkling of a gem. Because she feels it from within, hence her name is Manikarnika. Meaning, like a gem, it flows through the white bones and reaches the ear, and not through the air. Then it is said that whatever creature (even insect) is born or dies in Kashi, definitely attains salvation. It is said everywhere in the scriptures that only man has the right to salvation. Meaning, the creature that comes into the womb of a human being will definitely be freed, provided it remains a human being. Then came the question of dying. This seems tantric to me. There is a child in the womb, and by nature he is as free as innocent Shankar. One who remains non-dual like a child while fulfilling all the worldly duties correctly, will definitely become free even at the time of death. The energy of the sexual tantra does not go to the birth of a child but to awakening. Meaning, in the same Kashi where a child is born, an awakened person is also born in the same Kashi. An awakened person also dies in it. A common man can die in any ordinary condition. 'Ka' means water, and shayan is formed from 'shi'. Meaning sleeping in water. It is Lord Vishnu who sleeps on Sheshnag. It seems that Kashi is a metaphor for something like a uterus.

It is said that the goddess first created water in the void sky. Then Lord Vishnu woke up with the power of Goddess Bhagwati who was sleeping on Sheshnag in the water. Actually Vishnu is the sleeping Kundalini Shakti i.e. unmanifested soul. When a woman is pregnant, the fetus appears in the water of her womb. He takes the form of a developed humanoid little child, and starts experiencing

everything, i.e. becomes awake. It is connected to the woman's body through the umbilical cord. In fact, the true form of man is like a snake with its hood raised. The same female form has been shown. It is said that it used to protect the snake Vishnu. What protection does a mother not give to her womb? In Devi Purana, Devi has been shown to be greater than Vishnu and the creator of the universe. It has been argued that who would willingly take birth in a woman's womb, because the womb is a prison, and the problems faced in it are no less than the tortures of hell. It is the goddess who forces him to be conceived. Meaning, the Purana itself is making it clear that Vishnu is a fetus, Brahma is his mind born from him, and the various thoughts in him are the creation full of diversity. Along with this, the mother who brought that child into the womb is Goddess Bhagwati. By dying in the nearby shrine of Prayagraj, one attains auspicious worlds like heaven etc. 'Pra' means abundant and 'Yag' means Yajna or Yagya. Yagya is called virtuous action. Prayag may possibly be referred to Manipur Chakra. Because here Yagya is said to be performed through sacrifice of lives, grains etc digested in belly. Anyway, hunger comes from the stomach itself, and good deeds are done by the movement of its muscles. Meaning, deep and long yogic breath comes from the stomach, and with this type of breath, sins are burnt away and virtuous deeds are accomplished. Shallow, fast and chest breathing increases mental defects like anger, due to which sins increase instead of being destroyed. The name Manikarnika may also be because when the fetus moves or nods its head, its sound can be heard by placing the ear in the navel area. Manipur Chakra is called Tirtha as mentioned above. Now it may be that all parts of this analysis are correct. Even if nothing happens, it is still beneficial to remember the story.

Two demons named Madhu and Kaitabh, who were born from the earwax of Narayan, had threatened the existence of Vedapuran i.e. consciousness or knowledge of the entire universe. Then the Goddess gave power to Vishnu and got him killed. In fact, when a person has earwax of infection, he keeps his head tilted to one side due to pain etc. The deviation of the fetus's head sideways has been called

earwax. Due to this, he is not able to come out of the uterus when the time comes, and his life is in danger. Then he tries to straighten his head with the power obtained from his mother's blood. With the power of the mother, the uterus also helps him in this by exerting force. Due to this he becomes erect, meaning Madhukaitbha dies and the child is born, meaning the universe is saved.

Kundalini Yoga helps to be aware of the present moment

Friends, in a recent post we were talking about how a man named Hasan had become a cow. Actually his cow had died behind his back when he had gone to the market. People, fearing that he might be shocked by this grief, because he loved her very much, told him that she had run away somewhere and was being searched for. Meaning he did not see the dead body of his cow. That's why she settled in his mind. Perhaps for this reason, even after their death, famous sages or Babas are buried with respect in the form of a living man sitting on a seat in a happy posture, so that their disciples and devotees always feel them alive in their minds and can even meditate on them. That is why only the living state of great men and incarnations remains dominant. Death of incarnations is not considered at all. They are shown going to the divine world along with their body, like Lord Rama or Krishna. Even today someone is shown moving around in a subtle form like Parashurama. Well, let's move on to the topic of this post.

By taking long, deep and slow breaths, problems like nausea, feeling like vomiting etc. completely disappear. I learned this formula in merry go round aka Chandol and while sitting in the bus. First hold your breath. Go to the tolerable last limit and take such advanced breaths in and out, paying attention to them. The breath will feel very sweet and also satisfying. With this the Kundalini picture will also start shining which will remove the darkness of Tamoguna. The defects arising from that darkness like fear, worry, remorse, disorientation and restlessness of the mind etc. will also be removed. That is why it is said that sins are destroyed by Pranayam. When one feels suffocated by deliberately stopping the breath, it is tantamount to death. Death is the biggest punishment for sin. If this punishment is given, what else is left? Perhaps this is the spiritual principle behind it.

Holding the breath helps to settle into the present. Anyway, to observe the wandering thoughts closely, the breathing has to be slowed down and it should be imperceptible. It is like breathing stops in a fearful state or when a person walks quietly and holds his breath to hide himself. By holding the breath, a person comes to the present and becomes alert due to which he can deal with any adverse situation immediately. The same principle is used to increase awareness of the present by holding the breath. Holding the breath and concentrating on something is Kundalini Yoga. This shows that the practice of Kundalini Yoga helps in becoming established in the present. With practice, there comes a time when the breath stops on its own, after exhaling normally, meaning not forcefully. It is called Keval Kumbhaka. Meaning, it is neither Puraka Kumbhaka i.e. Kumbhaka done after inhaling nor Rechak Kumbhaka i.e. Kumbhaka done after exhalation. This gives a feeling of relaxation and relief from the burden of world or burden of breathing. With the completion of Keval-Kumbhaka, breathing starts to become so quiet and shallow that it is not even felt by oneself, leave alone its sound. Probably, in this state, there is a divine feeling of Sushumna opening completely and the power rising in it, as written by JJ Semple, an American yogi. He greatly admired the Indian yogi Shri Gopikrishna and had also met him.

By paying attention to the present, the light thoughts that come to mind also get connected to the present and become like it. Meaning, just as the present experiences are just pure experiences without any judgment or decision, in the same way the thoughts of the mind also remain just pure experiences, which cannot be binding. At the same time, just as the thoughts of the mind are felt within oneself, in the same way the physical world of the present also begins to be felt within, because there is no difference in the nature of both types of experiences. Double benefit. The insider helps the outsider, and the outsider helps the insider. With this double benefit, every kind of experience becomes subtle and free from judgment i.e. test-comparison etc. The same happens by listening to music, and that too easily. That is why music sounds pleasant. But along with the music, one

should also pay attention to the current events around, not just the music, so that when the music ends, one does not feel a strange absence of it or develop an attachment towards it.

Eckhart Tolle's organization writes on the awareness of this present and considers it to be the only easiest door to liberation. Its trading method is also very good, psychological and user friendly. Pay the fee for one year, if you don't like it then return the money. Most of the people do not withdraw the money because they get some knowledge and benefit. It is the result of spiritual fraud that people have lost faith in it. Money back offers are given to build this trust.

Kundalini awakening kills demons and ghosts hidden inside the ocean in entirety

Friends, there is a story in Shivpuran that due to the boon of Parvati, there was a demon named Daruki who was immersed in ego. Her husband Daruk was also very powerful. She used to torment good men by taking many demons with him. She had a forest on the shore of the Western Sea, which was very prosperous. Daruki had given the responsibility of taking care of it to her husband Daruk. People prayed to the sages to drive them away. So the sages said that if these demons continue to kill creatures on earth and destroy the Yagya, then they themselves will also die. Hearing the curse, the gods took advantage of the opportunity and started fighting with them. Fearing the curse, the demons thought that even if they fight, they will be killed, and if they don't fight, what will they eat, they will still be killed. Then Daruki remembered the boon granted by Parvati that she could go wherever she wanted with her forest and kin. On the advice of the demons, she blew up the entire forest and went on the water in the middle of the ocean. Seeing that incident, it seemed as if the mountains were flying in the sky with wings. Due to fear of the curse of Sage Aurva, those demons did not come to the land. Rather, they kept roaming in water only. They would bring people sitting on boats to their city, put them in jail and even kill some. Even while staying there, they continued to torment people in some way or the other. Just as people used to remain afraid when they were on land earlier, the same now started to remain when they were in water also. Once she came out of her city located in the demonic waters and stopped the way to earth to torment people. At the same time, many beautiful boats filled with people arrived from all around. Pleased with that, the demons soon caught them. They tied them in strong chains and put them in jail. There they were also reprimanded by demons, due to which they remained unhappy. Among those people, a devotee of Shiva named Supriya used to perform Shiva puja and used to teach it to all the other people and

make them do it. Shiva also used to directly accept his offering material, but even Vaishya did not know this. One day the servant of the demon Daruk saw Lord Shiva directly in front of the Vaishya. When Daruk asked the merchant, he denied knowing. Daruk ordered him to be killed. When the demons came running to kill him, he started chanting Shivkirtan continuously. Due to this, Shiva appeared from that pit i.e. prison with a beautiful temple with four doors all around. Shiva killed all the demons by giving Pashupat weapon to Vaishya. Then he gave a boon that in this forest, the religions of all the four varnas will remain stable and there will be only devotees of Shiva here, there will never be any Tamoguni. Saddened by this, Daruki went crying to Parvati. Parvati quarreled with Shiva to protect those demons. With this Shiva told her to then do whatever she wanted. Then Parvati told Shiva that your promise or boon would be implemented at the end of the era. Till then the evil world will remain. And said that this Daruki Rakshasi is my power, she is the strongest among all the Rakshasas, she should rule over the Rakshasas. These demons' wives will give birth to their sons here. All of them together will reside in this forest with my permission. Then Shiva said that I will also reside in this forest to protect my devotees. The one who will see me lovingly while being established in his varna-ashrama-dharma, will be a Chakravarti king. Then after the end of Kaliyuga and the beginning of Satyayuga, the famous king named Veersen with his big army will become very mighty due to my devotion, and will come here and see me, and as a result will become the Chakravarti king. In this way, Shiva and Parvati, having fun and enjoying the pastimes, settled there. Shiva became famous by the name of Nageshwar Jyotirlinga and Parvati became famous by the name Nageshwari.

investigative analysis of myth

Daruk demon is the ego. His demonic wife Daruki is intellect. Many ideas arise from it. They are the demon children of these two. These keep people wandering here and there, make them worried, create fear etc. in them and create

many vices. Many even die due to these defects. The west direction is the back part of the body. Forest is the area of the brain filled with hair, which is spread more towards the back of the body. Sagar aka ocean is the Muladhar area as both are situated at the lowest place. This mental confusion spreads in the brain itself. It is the ego that protects the body along with it. People go to gurus and sages for peace of this mess. The sage says that if the mental confusion continues to distract people like this, then how will they be able to work. And if they do not work, what will they earn and what will they eat? Due to this, if there are no people who become victims, then this mental mess which has become a hunter, whom it will eat to sustain life. Reassured by this, people keep this mental confusion under control and start doing their work. It is said in this way that knowing the opportunity, the gods started a war with those demons, because people are able to work only through the senses situated in the body in the form of gods. If this mental confusion keeps re-emerging from the mindset of yoga or meditation, then there occurs a witnessing of it itself, because people are busy in their work. This will itself destroy it. If it does not continue to appear, then how can it maintain its existence, that is, how can it remain alive? It has been said that if the demons fight with the gods, they will still be killed, and if they don't, then what will they eat, hence they will still be killed. Meaning, people's problems are their food, and the darkness of ignorance that increases due to them is their increased health. Due to this, the mental confusion becomes hidden in a subtle or latent or subconscious form. In a way, it hides in the dark sea of Mooladhar. In the middle of the ocean, in the depths, there is darkness because no ray of light can reach there. Any person who gets tired or upset with life and becomes depressed, in a way, goes boating in the sea of Muladhar, thinking that there are no earthly troubles of worldly life here. He gets peace for a short time, but then he falls into the trap of the dark subconscious mind. It is possible that during times of poverty, famine, epidemic, political or geographical crisis, many people may have collectively fallen prey to distress and depression. This is what many people going together in boats and descending into the sea has been said. The darkness experienced through the

unconsciousness of the subconscious mind is likened to putting people by those demons into a dark prison cell. It is in the form of darkness that those demons haunt them. When old misdeeds buried in the subconscious mind are felt in the form of angry creatures or humans, perhaps this is the demons reprimanding those people. Many people get killed, meaning many people get sick and die from depression, and many commit suicide. A Shiva devotee meditates on Kundalini at Mooladhar in that dark state. Other people also get benefit from his satsang. The more darkness there is in that dark chamber of the subconscious mind, the more the Kundalini shines. Perhaps it is said that a demon saw Lord Shiva directly. The world of darkness prevents the Yogi from doing sadhana. Due to this, neither the light of the world remains in his mind because he has already left the world, nor of Sadhana, not of anyone. This state is similar to death. Perhaps it is said that the ego of the people in the form of Daruk ordered the death of Vaishya through worldly thoughts and things in the form of demons. Due to this, the seeker, out of fear of the world or stubborn anger towards it, intensifies his sadhana and awakens his Kundalini. Perhaps it is said that out of fear of those demons, the Vaishya started chanting Shivkirtan continuously and loudly. Then a temple with four doors appears, and Shiva is seated in it. Muladhara Chakra also has four petals. Kundalini awakening is the manifestation of Shiva. He destroys the demons in the form of mental confusion. Actually the subconscious mind is stuck to the soul in the form of darkness of the soul. When light is born in the soul, it itself gets destroyed.

Parvati is the form of nature aka Prakriti. She wants the expansion of the world, which is not possible without Tamoguna. Intellect or intelligence in the form of Daruki demon is her power. Meaning, the world expands only through intelligence. Intelligence is the most powerful sense. She creates many demonic thoughts by making the egoistic creature her husband i.e. her protector. Those thoughts, by marrying the demonic senses like hands and feet, i.e. by meeting them and with their cooperation, produce various types of worldly things. All those things are said to be the sons of those demons and demonesses. All of them live in the

same forest-like brain which resides in the subtle form in the Muladhar. Worldly things may appear external, but they all exist in the mind only. It is only through the intellect that they are permitted to stay there, because if it wishes, it can get them all thrown out through yoga etc. Shivalinga, Shiva temple and Shivamurthy are also part of this forest, which protects the devotees. The person who will follow Varnochit Dharma i.e. Karmayoga and with the power generated from it will awaken kundalini by loving it in the form of Shiva , i.e. will have the darshan of Shiva, he will be a Chakravarti king, i.e. he will be such a soul whose all the chakras will be awakened or active. Kaliyug, Satyayug, all these are stages of life of people. Kaliyuga stage means man's worldly stage full of competition and materialism. As long as this state exists, the defects of the mind will remain. When man evolves and enters the stage of Satyayuga, i.e. the stage of spiritual practice, then he kills these vices like a mighty warrior. This happens due to the power of Shiva, which means meditation of Shiva. From this he gets Kundalini awakening which means seeing Shiva, which is a state like Chakravarti king. Because the Muladhar Chakra, Kundalini Shakti and Sushumna Nadi are all associated with the serpent, the name of the Linga situated in Muladhar is Nageshwar and the Shakti associated with it is Nageshwari. The mysterious story of King Veersen related to this will be described in the next post.

Kundalini Shakti gets activated by entering the pit with the wooden fish and worshipping Shiva there

Salutations to Shiva Salutations to Guru Shiva is the Guru Guru is Shiva

Friends, in a beautiful country called Nishadha, in a family of Kshatriyas, a son named Veersen who was Mahasen was born and who was very dear to Shiva. Veersen performed severe penance for 12 years while worshipping Lord Shiva. Then Shiva became pleased and told the same grown up king that he was making a fish out of wood, applying Ranga paste on it and enriching it with Yogamaya and giving it to him. Taking it, he should immediately sail towards that hole while sitting in the boat. Then reaching there enter the hole made by him and worship Nageshwar and get Pashupatastra from him and destroy these major demons like Daruki etc. Shiva again said, "With the effect of my darshan aka visualisation, you will not face any kind of shortage. By that time, Parvati's boon will also be completed, due to which the other Maleccha-form aka dirty form people there will also become virtuous. Then Shiva disappeared." In this way Lord Nageshwar Dev, in the form of Linga, the lord of lights, was born. He is the one who always fulfills all the wishes of the three worlds.

Scientific analysis of the above myth

The word Nishadha is derived from the word prohibition. That country where there is prohibition of ugly or ignorant sexual conduct, prohibition of violation of Vedas, prohibition of indecency, prohibition of indolence, prohibition of misdeeds etc. Every man is the king of his body form country. Mahasen literally meaning great army means one with a huge army. Meaning, he is a well-known, famous and respected person in the world or his society, who has a crowd of people following him. Veersen means the man in that army of the world, who

bravely faces problems and does not retreat from the Vedic path of humanity. He was also proficient in meditation. This means that he was deeply in love with someone. Love can be with Shiva, any other god, guru, girlfriend or anyone. That is why he is called a devotee of Shiva because Shiva is a symbol of meditation and love. There are 12 chakras in the body. On those chakras he meditated on Kundalini or Shiva form. If the sadhana of one chakra is considered to be for one year, then there are 12 chakras in 12 years. Man keeps developing like this since birth. For some years after birth man remains in the darkness of ignorance of Muladhara Chakra. Then when adolescence comes, due to hormonal changes, he comes to Swadhisthana Chakra. Due to increase in strength and increase in love during youth, he comes to Manipur Chakra and Anahata Chakra respectively. By developing expertise in love and worldly affairs, he also becomes adept in conversation and negotiations. It can be said that his consciousness reaches the level of Vishuddhi Chakra. Then to get employment or success in business he has to use his intelligence a lot. With that he comes to Ajna Chakra. By becoming proficient in his professional matters, he becomes certain about his earning, and so getting some worldly relief he starts trying for his liberation through the practice of spirituality etc. Due to this his consciousness comes into Sahasrara Chakra. Actually, if a man gets the right environment, he can awaken his Kundalini at just the age of 17-18 years. But in this story we are talking about Satyayug aka truth age, hence 12 years have been written. At that time, child marriage was probably prevalent, which would have taken place till the age of 12-13 years. That is why marriage is considered to be the stage of Sahasrar awakening, because through this, Sahasrar gets direct and tremendous power from Muladhar. This is also clear from the entire story, in which after the completion of twelve years of sadhana, he is asked to put the fish in a hole. By thinking a little deeply, its meaning becomes clear on its own. Shiva has created the body of all of us and also of King Veersen. Meaning, Shiva himself has created all the body parts, which also includes the fish-shaped genitalia. Science also believes that wooden fish means wood is also a biological substance like flesh, and both are components of living beings. The

hormonal system in the body and the stimulation generated by it which causes stiffness in it, all this is also a system created by God Shiva. Ranga is called tin metal. It is moderately hard, not as much as iron, and not as little as loose flesh or wood. Similarly, the sexual cavity in the body is also created by Shiva. As far as the fish enters the hole, the hole should be considered finished there. The boat is left behind. A fish with Maya means it has divine sexual sensibility, which can fascinate anyone. Probably that is the crest of the organ, the rest of the part has been called boat. Now the place where the hole ends should be considered as the floor of the pit just as described in case of Mooladhar. It falls at almost the same place between the two organs, where the location of Muladhar Chakra has been mentioned in the yoga scriptures. To me, this seems to be the real muladhara, because this is it provides energy. The rest of the details seem symbolic or close to it, not real. There is no dark pit outside where the position of the Muladhara Chakra point is shown. The dark pit is inside in its line. However, as the plexuses of intense genital sensations are located inside, some of their effects are also felt externally. Well, meditating on Nageshwar Linga in that hole means meditating the meditation picture of Nageshwar Shiva on the Linga. This is a tantric practice of the highest order called Meditation at Tip. The term naga aka serpent also indicates the perineum and its associated structures. Because all these structures have been built by Lord Shiva for his attainment, hence one of his names is Nageshwar. By worshiping Shiva there, one will get Pashupat weapon, which means one will get the power to uncover the demonic thoughts buried in the pit of subconscious mind. Due to this, the main demons like Daruk etc. will be destroyed, meaning the main thoughts of the intellect and mind will come out and merge into the real void soul. These are the main obstacles in awakening. Countless other small thoughts continue to dissolve even after awakening, throughout life. Darshan of Shiva means means awakening after which there is no shortage of anything. The people of the world also have cyclic pattern of behaviour like the ages. After the environment like Kaliyug, they create an environment like Satyayug. They all are also present in the brain forest of the meditating man as everything is inside by

default. With the help of their good deeds, it becomes easier to kill the demons. Means it becomes easier if such favorable conditions continue to prevail. Reading this story, it does not seem at all that the sages did not experience sexual pleasure, as is often seen in common belief. On the contrary, it seems that only after being completely fulfilled in the householder state, they were able to write all this for the good of the world in the later ascetic states like Vanaprastha and Sannyasa.

Kundalini science can make the Ravana-story somewhat clear

Friends, there is a story in Shivpuran that once an arrogant demon named Ravana started worshiping Shiva devotedly on Mount Kailash. When Lord Shiva was not pleased with this, he took another solution. He made a fine pit in the land full of trees to the south of the Himalayan Mountains, lit a fire in it, installed Lord Shiva near it and started performing yajana havan. He started doing penance in three ways - sitting amidst the five fires during the summer season, sitting on a platform during the rainy season and staying under water during the winter season. In this way, he performed severe penance, yet Lord Shiva, who was fierce for the evil spirits, was not pleased. Then Ravana cut off his head and started worshiping Shiva. In this way he cut off his nine heads one by one. Then Sadashiv became happy and appeared before him when only one head remained. Shiva healed his heads as before and gave him the desired results and immense strength. Then Ravana folded his hands and said to Shiva, "Swami, please come with me to Lankapuri, I am under your protection." Due to this, Lord Shiva, feeling distressed, told him with an upset heart that of course he should take away his best Shivalinga, but wherever he placed it on the ground, it would be established there. But on the way, Ravana felt like having an urge to pee. He handed it over to the Gop standing nearby and went slightly away to pee. The Gop could not bear its weight for long, so he kept it there on the ground. In this way, that Linga, which originated from Vajrasara, became established there, which can remove sins and fulfill all the desires just by seeing it. Its name was Vaidyanatheshwar who is the giver of enjoyment and salvation and the destroyer of all sins. Ravana then went home. All the gods gathered together and worshiped and established that Linga properly. All the gods and sages got worried and went to Narad and said that this evil Ravana is already troubling them a lot, after getting the boon of Shiva, he will make them more sad. Narad went to Ravana's house to help them and praised him falsely. When asked by Narada, Ravana proudly narrated the entire incident of Shiva's boon,

how he kept increasing his ferocity in the way of pleasing Shiva and when he started cutting off his tenth and last head, Shiva appeared and stopped him and like a physician attached all his heads as before. Along with this he was also blessed with immense strength. Ravana then said that now he has come home to conquer the three worlds after worshiping the Jyotirlinga. Narad laughingly told him that Shiva is vicious, he lives casually under the influence of cannabis, what lie he can't tell, so he should not believe him. Saying this, he instigated Ravana to uproot Kailash and said that this would test Shiva's boon. Doing the same, he lifted Mount Kailash in his arms. Due to this, everything situated on Kailash started shaking and everything started colliding with each other and falling. When Shiva surprisingly asked Parvati about this, she sarcastically replied that his best disciple Ravana was doing all that. Due to this, Shiva considered Ravana ungrateful and egoistic of his power and cursed him that soon someone would be born there who could take away the pride of his arms. Narad heard the curse of Shiva and Ravana also kept Kailash down and went home happily. Thus, accepting Shiva's boon as true, Ravana controlled the entire world with his power. At that time, there was no enemy of Ravana who could match him with the powerful divine weapon obtained by the order of Shiva.

Psychological explanation of the above myth

Ravana means one who makes one cry. A person who is full of mental defects makes the world cry, not laugh. Meaning that he can only give sorrow to everyone, not happiness. When people oppose him, he is unable to compete with them. Therefore, he meditates on Shiva in the brain or Sahasrara called black magic in common language to gain strength to fight with them. Guilty people often like Shiva, because they see Shiva as full of faults like them. How can Shiva be pleased with simple meditation? Shiva demands complete dedication towards himself. Whether you consider it as Shiva's wish or the principle of awakening that only by inculcating the only image of Shiva or any other single image

in the mind fully, one gets awakened. Right now Ravana had many faulty thoughts inside him, that is why he was not able to concentrate properly on the image of Shiva. Then, with the inspiration of Shiva, he tried the second solution i.e. leftist tantric solution. The second one can be completely different from the first one. If the first was a pure Vaishnav, the second automatically proved to be a Tantrik. It is not the other that gives the sense of number, but the one that gives the sense of otherness or oppositeness. If the Himalayas are the brain or Sahasrara and are considered to be in the north, because the geographical location of the Himalayas is also in the north of India, then its southern part is the ocean or Mooladhar region. The pit dug in that area is the muladhara chakra. The powerful deity named Gaddha of a particular caste group is probably created by the power of Mooladhar, that is why its name is Gaddha or pit. It is notorious for witchcraft, and black exploits. It is said that no one, only Hanuman can protect from him. Perhaps Hanuman's sattvik power would have defeated his tamasic power. Ravana established fire in that pit, which means he concentrated his life force there through breathing pranayama. The establishment of Lord Shiva near it means that the idol or picture of Lord Shiva was meditated there. Havan means burning the glucose, fat etc. stored in one's body in the fire of life force or prana, which generates power or energy. At the time of emergency, Kundalini Shakti located at Muladhar inside body is required, due to which it becomes active. That is why it has been said to bear the heat of five types of fire in summer, to sit on a platform in the rainy season and to practice meditation by being submerged in water till neck in the winter season. It is only when Muladhar becomes active that lovers remember each other in times of sorrow or distress. That is why loving couples like to stay together even in good times and at the time of death. That is why penance and control over luxuries are considered great in most religions. Yet Shiva did not appear before Ravana because he was an evil spirit and was full of the defects of the senses. The conscience is made up of four types of subtle organs, mind, intellect, chitta and ego. Similarly, the senses are made up of five subtle organs or elements, eyes, ears, smell, skin and genitals. Ravana disabled all these nine organs one

by one. This is called cutting off his nine heads by Ravana. Because each organ provides a different type of knowledge, each organ has been considered a separate head in the story. When he started preparing to cut off the last tenth head i.e. his real head on which all the other heads are supported, Shiva appeared. This means that he had become so weak while doing sadhana that he was close to dying, when he got awakening. When a man is in a “do or die” situation, he has the maximum chances of success. Then Shiva restored his head and gave him the desired boon, meaning Ravana became eligible to return to the worldly life again. In worldly life, all the senses and also the ego are needed. Anyway, perhaps Ravana had only got a momentary glimpse of awakening, due to which he became exactly the same as before immediately without any sudden transformation. Whatever a man can desire or achieve, the ultimate limit is awakening. When one gets awakening, it feels as if he has got everything. This is Shiva’s way of giving him the desired results and immense strength. Strength arises from weapons and the attainment of power. All these also come under the attainment of awakening. He who has something left to achieve is afraid. Zero fear means infinite strength, because strength exists only to attain fearlessness. Ravana wanted to take the power awakened in Muladhar to his favorite chakra. It is said that he wanted to take his Shivalinga to golden Lanka. Perhaps it is some special chakra or point of the body, which is not known to us, and by awakening which one gets incomparable demonic power. That’s why Shiva felt sad because he could misuse it. Gopa means cowherd watchman, that is, one who grazes cows, and cow means senses. Ravana could take that semen power only to a nearby chakra and then he went for peeing. Due to this, the sense organ related to Muladhara became relaxed, and the Shakti remained stuck there, because it is from this sense that Shakti gets the strength to climb up. Where the power got stuck on a particular chakra in the middle, that too appears to be an unknown chakra. It was named Vaidyanatheshwar Linga. It is said in the story that that Linga was made of Vajrasara. This also indicates that it was sublimated semen. Vajra is formed from the spinal cord, hence its essence is the power passing through the

sushumna inside the spinal cord, which kills the Vritrasur demon or ignorance by striking the Vajra in the form of awakening. That sensory power is formed in Muladhar, in the formation of which semen plays a major role. Because Shiva, like a doctor aka vaidya, had joined all the heads of Ravana, that is why that Linga was named Vaidyanatheshwar. All the gods came to worship it. This gives an indication that no matter where this Linga Shakti was located, it had not reached the area of the brain that could be experienced by the soul. It is only over this area that the living beings themselves have complete control, not the gods. Meaning, the will of the living being operates in this area. All other parts of the body are under the control of the gods. Like we can move around as per our wish, we can think, we can work, but we cannot digest food, our heart cannot beat on our will, and we cannot do countless other body functions. Perhaps this voluntary area is Sahasrara itself. If Shakti had reached there, Ravana would have caused so much harm to the world. The mind itself is Narad Muni. After ravana's momentary awakening or shiva darshan whatever, he realized that now he can trouble the gods to his heart's content. This is what the gods have to complain to Narad Muni. Encouraged by this, Ravana's mind thought that why not go to Sahasrara once again and see whether he has really got power. He was engrossed in the devotion of Shiva and was looking only at Shiva in everything, although of course under the influence of selfishness. Suddenly, when he went to Sahasrara, his flow of devotion to Shiva stopped, because there is an atmosphere of non-dualism in Sahasrar, and where there is non-dualism, there is no devotion. Devotion happens only in duality. Therefore for a short time the worldly objects related to the devotion of Shiva fell away. It is said that everything turned upside down in Kailash. One should know Kailash here with a mind filled with devotion and as concerned to raising it up, it should be Sahasrara area. One who lives too much in non-duality does not know the loving brotherhood full of worldly duality. Due to this, ego can also develop in him. It is natural that he has many enemies, one of whom may become his death. This is said to be cursed by Shiva after getting angry. This made the gods happy, because if everyone became completely monistic then how

would the world created by them be able to function. It is heard that erotic paintings were made in the ancient temples and caves of India because of the wave of monism. People were leaving their homes and going to the forest. Now I don't know how correct this analysis is, but it seems necessary to make the story scientifically fit into Kundalini Yoga and to remember it.

What else can we call the darshan aka visualisation of Shiva other than awakening of Kundalini, because both are supreme achievements. There can be only one supreme achievement, not two, hence both are one and the same. It is also possible that darshan of gods is such a deep state of meditation in which the gods are clearly visible and one can also talk to them. Of course, this should be a little below the highest level of Kundalini awakening. Because if Devdarshan itself was Kundalini awakening, then at least one demon would have gained wisdom from Devdarshan, but it appears that no one got it, on the contrary, whatever was there also went away due to the arrogance of power. Secondly, in the state of Kundalini awakening, one cannot ask for anything because by feeling complete unity with the Supreme, a person also feels his own completeness, then what is left to ask for. On the other hand, during Devdarshan, the demons used to place a long and detailed demand letter in front of the deity. Well, even if both experiences are similar, this story also refutes the belief that an awakened person can do no wrong. In fact, awakening inspires to do good work, but there is no guarantee that good work will be done. It is like someone getting the company of a great person but ignoring his inspiration and not doing any great work. Culture, mentality and practices are responsible for good or bad work. This story also shows that just as good deeds are done by power, bad deeds are also done by power. The powerless cannot do anything. Mischievous people have a lot of power. If their power is channeled in the right direction they can awaken most quickly. Perhaps the same happened with Ravana also. He was a mischievous person but with the desire for more power, he started worshiping Shiva. The mind of mischievous people wants immediate results, just as a thief cannot wait to earn money, so he steals something to

get it immediately. Similarly, when Ravana did not see any benefit from worship, he adopted another method. Meaning, when did the vicious mind start liking the simple, slow, idealistic and ordinary way like the general public? Therefore he adopted a crooked, sharp, idealless and extraordinary Tantric method. Perhaps due to the success of Tantric method, he might have been under the illusion that he is expert in sexual activity and can do it with anyone without any restrictions. Due to this confusion, he might have violated the modesty of Rambha Apsara, Kubera's future daughter-in-law, and under this confusion, he might have abducted Sita, due to which he was killed by Sitapati Ram.

I think Ravana's own home was Sahasrara Chakra, because it is believed that the soul resides there. That is why Lanka is called the city of gold. In Chinese Tao philosophy, the Golden Flower is felt on the Ajna Chakra under Golden Flower Meditation. Ajna Chakra can also be a golden Lanka because an egoistic man like Ravana is not going to live in a divine place like Sahasrara, certainly he can live in a materialistic and rationalistic Ajna Chakra. There is a mythological story that a tunnel like a lotus stem used to go from Lanka to the underworld. This suggests that Lanka was agya chakra connected by nadi to Muladhara, as Muladhara is often referred to as Patala. Lanka has been described as lying between Trikuta Parvat meaning between three mountain peaks. If one peak is considered to be the left brow bone, the second peak is considered to be the right brow bone and the third is considered to be the nose bone, then Lanka appears to be Ajna Chakra.

Shiva knew that Ravana was evil by nature, hence if his intelligence got the brilliance of Shivalinga then he would become more evil. It is also possible that Sahasrara was his home, but he misused its divinity. This means that it is not necessary that by visiting Sahasrara a man himself becomes a gentleman. He will still have to try. The heads of many particular religions probably awakened the Sahasrara and always resided in it, but they carried out endless massacres in the name of religion and God, which continues till today. If

such people get derailed then they can become the embodiment of death. No one can do any harm to them because they themselves are situated at the supreme position. Probably that is why theology would have been kept secret in ancient times. Now even the nuclear bomb is no longer a secret, what to fear now? I also feel that those who try forcefully for awakening through Tantra etc., get only momentary or partial awakening, like Ravana got, not complete awakening. Ravana was seeking the same complete awakening from Shiva, who is said to have wanted to keep the Shivalinga permanently in his house. But Shiva did not allow this to happen considering him as unauthorized. Meaning, before becoming awakened one has to become human.

This story can also be given a little more twist. Ravana is ego only. The tenth head was the ego form itself. An attempt to cut it meant he had become very weak and was about to die when Shiva appeared. Meaning, if the ego becomes zero, the person will definitely die, then who will attain awakening and how? Giving darshan by Shiva means the remaining ego gets merged into Shiva, not destroyed. Ravana's Lanka is also Mooladhara, as it is in the middle of the ocean, and in most stories Mooladhara is shown as the ocean. The ten senses of Ravana steal the Shakti as Sita and carry that to muladhara as Lanka. Meaning that man wanders in worldly affairs through ten senses. Due to this, the pictures of the world become powerful in his mind. These come into expressed form and called as expressed shakti or dancing goddess, and then soon get buried and registered in the subconscious mind in latent form. This is where the power in the form of Sita has to go to the muladhara chakra in the form of Lanka. Now the readers will say that earlier Ajna Chakra was called Lanka, and now they are calling it as Muladhar Chakra. There is no contradiction in this, because Muladhara and Ajna Chakra are directly connected.

There can also be a doubt that earlier the mind was called Brahma, and now it is called Narad Muni. There is no contradiction in this either. Narada Muni is the son of

Brahma, meaning only a small part of the entire mind in the form of Brahma is the messenger mind in the form of Narada.

Kundalini Shakti is the water and Ishta Dhyana is the fish, which help the awakened Lord Manu in saving the creation from destruction as per the Matsya Purana mythology

Friends, in the original and main story of Matsya Purana, it is said that in ancient times, Maharaj Vaivaswat Manu, the enlightened son of Surya, handed over the kingdom to his son and performed severe penance in a part of Malayachal. Through this he attained the best yoga. After millions of years of his penance, Brahma appeared and asked him to ask for a boon. On this Manu asked for a boon that he would be able to protect all living beings in case of cataclysm. Brahma gave this boon. Once, while performing Pitru Tarpan in the Ashram, Manu found a fish falling on his palm along with water. Out of pity he put that in Kamandalu. In a single day and night it grew sixteen fingers and started saying protect me, protect me. Then the king put it in an earthen pot. There also that fish grew three feet in one night. Then she started saying that she is under their protection, please protect her. Then Manu kept that fish in the well. There she again became one yojan bigger. And she e started saying the same thing. Then Manu left her in the Ganga. When she became huge there too, Manu threw her into the sea. Manu asked in fear whether she e was a demon king or a god. Then God in Matsya form said that she is fine, saying that he has recognized him. The Lord said, “King, in a short time this earth along with the mountains, forests and banks will be submerged in water. Therefore, to protect all the living beings, the gods have created this boat. You protect creation by putting all the living beings on it. When this boat begins to waver due to the winds of the Yugaant that’s age end, at that time you tie it to my horn. Then at the end of the destruction, you will be the creator of all the living beings of the world. In this way, at the beginning of Kritayuga, you will appear as an

omniscient and patient king in Manvantara that's manu age. You will be the ruler of the world. At that time the gods will worship you. Then Manu asked some questions to which Madhusudan answered in the following manner. From today till hundred years there will be no rain on this earth. This will cause a terrible famine. Then in the presence of that final cataclysm When this happens, the seven fierce rays of the Sun, which will shower hot embers, will start tormenting all the living beings. Badwanal will also take a very terrible form. The poisonous fire coming out from the mouth of Sankarshana that's Cosmic serpent rising above the underworld and emerging from the forehead of Lord Rudra at third eye. The fire will also rage, destroying all the three worlds. In this way, when the entire earth will be burnt to ashes and the sky will be saturated with heat, then the entire world including the gods and stars will be destroyed. At that time, seven types of clouds will drown the earth with heavy rain of water generated from the sweat of fire. Then the seven oceans will get angry and become one, and will convert the three worlds into one cosmic ocean. At that time, you take this boat in the form of Vedas, load all the living beings and seeds on it and tie it to my horn. In such a situation, even when the entire group of gods gets destroyed, you will still remain alive with my power. In this inner destruction, only Soma, Surya, I, Brahma along with the four worlds, Narmada River, Maharishi Markandeya, Shankar, the four Vedas, the Puranas surrounded by knowledge and this world (in the form of a boat) along with you, will survive. During the doomsday period of Chakshusha Manvantar, when the entire earth will be immersed in Ekarnava that's single cosmic ocean and the creation will begin through you, then I will save the Vedas again. Saying this, Lord Matsya disappeared.

Main myth plot of Matsya Purana exposed

The soul must have been called Suryaputra, because the luminous Sun is often said to be the true form of God. Manu means a pro human being. Malayachal means a mountain filled with white sandalwood trees. Millions of years have

passed while doing penance, which means man has evolved from an ordinary creature over millions of years. To give a boon from Brahma means to be naturally capable of that because only Brahma does everything in nature. When a cataclysm occurs, it means that when a man dies, he should be able to protect all living beings, that is, through reproduction, he should be able to create new humans. Power or shakti is called fish. It is called God because there is no difference in principle between Shiva and Shakti. That is the same Kundalini Shakti which rises above the Muladhar and takes the form of the rapidly growing Sheshnag or mythical serpent, which spreads across the entire body as cosmic ocean. Boat probably refers to the reproductive organ. Because the gods have created all the parts of the body. That Yugantak Vayu means vital air will become shaky i.e. active. The boat was tied to the front part of the body of fish with its horn, meaning a fish-like mouth having organ. At the end of the Pralaya, it means at the birth of a child, you will become the father of all the living beings, because the entire creation including all the living beings is in the mind and body of man or child. Manvantar means difference of births of a man. After the death of a human being, when in another body he's reborn, that is the Manvantara or different human life. That second birth is Kritayuga or Satyayuga, because a person who is spoiled in one human birth often improves in his next birth. Just as the cycle of ages rotates outside, so does it inside. Lord of Manvantar means father. Omniscient because he knows everything about the previous birth of that new human being born, of course in a subtle or subconscious form. Being patient because the creation of a new creation means the development of a new human being took a lot of time, for which Manu waited patiently. The gods worship the father. The son's body is made of gods. The son will serve or worship his father, which means he will be worshipped by the gods. The life span of a human being is only hundred years. During that time, the creation that takes place in his mind takes place without rain, because rain occur in the physical world, not in its subtle form in the brain. This is called famine. Then the holocaust is described as the death of a man after completing one hundred years of age. There are seven types of body fever. These are called the seven

types of rays of the Sun. Badwanal means fire in the sea. In the scriptures, Muladhar has been compared to the ocean. Fire in it means meditation of Shiv Shakti in it, as Ravana did. Badwanal has been given the form of a horse in the scriptures. The shape of the horse somewhat resembles that of a dragon. This means that the Kundalini Shakti itself is Badwanal, which ascends up through the horse-shaped nadi. That is why Badwanal is also shown being used as a weapon on the enemy. Power itself is like a weapon. Anyway, horses have special hair on the back, just above the Sushumna nadi, in the central line of the body, from the tail to the head, and even in some species up to the midpoint of the brow. Maybe that's why horses have a sharp mind. In emergency or trouble, Muladhara starts getting activated to give strength to the body. The dying man's breathing becomes rapid and deep. With the force of those breaths, the power of the Muladhara also starts rising rapidly, and rises up through the Sushumna nadi and spreads throughout the brain and takes the form of Sheshnag i.e. Sankarshana. The air coming out of the mouth is its poison. It is called poison because ancient people knew that if fresh air is not available from outside, then breathing in one's own exhaled air can lead to death due to suffocation. When the power rises, it is natural that it will concentrate on the Ajna Chakra. This is the third eye of Shiva that spews fire. Since both of these types of events result in death, it is said that the body will be burnt to ashes. Anyway, dead bodies are burnt. After fever, sweating occurs. Seven types of fever resulted in seven types of sweat. They have been called seven types of oceans. All the oceans have gathered, which means in the end the body becomes completely cold. The entire body including the mind gets absorbed in a subtle form in the ocean i.e. Mooladhara. Meaning someone died. The entire world of the dead person gets transformed in a subtle form and gets situated in the Muladhar of the future father i.e. Manu. 'Shya' means one who sleeps. The creature that slept in Manu's Muladhar became a human being. In the same sea of Mooladhar, there is a boat in the form of related sense organ situated. On the same boat, he loads the dead person present in subtle form in the form of living beings and seeds i.e. semen. Seed is also a living being. The further story of fish etc. becomes

understandable on its own. Because the body was destroyed, the gods were also destroyed. Due to the dead person not breathing, the Vayudevs were destroyed, due to not producing heat, the Fire gods were destroyed, and due to lack of blood circulation, the Water gods were destroyed. These are the three main deities. All the other deities related to different organs were also destroyed. Some eternal things like Soma, Surya, and I (Matsya in the form of God), Markandeya, Narmada etc. have been mentioned. Perhaps these are such things which are related to the eternal nature of God. Soma means things related to mind, Surya means soul etc. Everything happens in the subtle body, but it has been described in brief as the subtle world. The subtle body is actually the universal form, because it enters the body through the senses and gets suppressed and becomes subtle. We can call the body a machine that suppresses the world. In detail, the soul, intellect, mind, senses etc. have been described in the subtle body, but this is only a philosophical expansion only, because all these things come under the world. When the womb of creation is established by Manu, then Lord Hayagriva will rescue the Vedas from the demon, which will be explained in the next post. In this way, when Lord Matsya was pulling the boat in the cosmic ocean, at that time he was telling the things of knowledge and science to Manu, which became Matsya Purana. By the way, due to the activity of the so-called Matsya, the Shakti itself remains active in the Sushumna which keeps providing new knowledge and scientific experiences to a man. Just as every particle of the universe is a form of God, similarly every part and particle of the body is also.

Because power rises rapidly only through penance and yoga practice, that is why the water came into the sage's hands while performing tarpan or ritualistic water pouring. In Tarpan, water is dropped on the hands from a sacred copper spoon. The fish in the hand means power shakti is felt on Anahata chakra, because at the time of tarpan a strong feeling is done from the heart. In a way, Shakti gets entangled in the world by the senses of the body. This is why the fish is afraid of the predatory aquatic creatures and seeks protection from Manu. Due to this Manu started the practice

of energy cultivation. When that power increased, it descended to Kamandalu in the form of grown up fish to navel chakra. As she grew further, she descended into the well in the form of Muladhar. As it progressed there, it climbed up the back channel i.e. Sushumna i.e. Ganga. In this way, it became widespread like Sheshnag with its hood raised up. It was then lowered through the front channel into the ocean of Muladhar. Meaning the huge fish was released into the sea.

I think Kundalini awakening itself is shown metaphorically as Devdarshan or god visualisation. The thing with which a person engages in Kundalini Sadhana in his mind will be fulfilled after awakening. It is said as a metaphor that the God appeared and gave a boon. According to Yoga, the pure scientific and theoretical awakening of Kundalini is such that a person becomes one with the mental picture of an image and becomes completely open to the infinite form, there is no verbal talk etc. with that picture. Rishis used to do sadhana with good intentions in their mind, but demons used to do sadhana with bad intentions. The goal of protecting the universe was in Manu's mind, as is the mind of every father. But Ravana had the goal of defeating the whole world. That's why the demand for the same boons came out of their mouths. Manu had just awakened the Kundalini when he saw a fish the size of several crores of yojanas. One crore yojana is equal to approximately 13 crore kilometers, which is approximately the distance from the Earth to the Sun. Seeing such fish spread over such distances seems to be nothing other than awakening of Kundalini. Matsya spread so much, meaning the snake-shaped Shakti spread through Sahasrara in the entire universe. Shakti became one with Shiva. Because without any meditation picture, Manu's power got awakened and spread into infinity, that is why Manu is not shown asking for boon from any deity like Shiva, Vishnu, Ganesha etc., but directly asking for help from Shakti molded in the metaphor of fish. This means that Matsya Purana may be much older than other Puranas. At that time perhaps the benefits of meditation image had not been discovered or well documented, and people used to do spiritual work directly. Although the meditation picture itself is formed from

spirituality, but perhaps they did not give special emphasis to awaken it, because due to not knowing its scientific principle, there was no complete faith in it. A man does not take his car across a pit full of water whose depth is not known. Due to this, the spiritual energy that had been accumulating for a long time was suddenly felt as a glimpse of surprise awakening. Patanjali's scientific Ashtanga Yoga would have been written later, which would have revealed the importance of meditation image and its quick awakening. That is why meditation aka dhyana and meditation images are prevalent everywhere in the Puranas. Later on, Ramayana was also written on this basis, in which Ram is sent to Muladhar in the form of Lanka after making him a meditation picture, from where he lifts the sleeping Kundalini Shakti in the form of Sita through the Pushpak Viman in the form of Sushumna channel and brings it to Ayodhya in the form of Sahasrara and awakens it.

It is also possible that the transformation after awakening is shown to be the birth of a new creation after the destruction. Awakening is anyway called new birth. That is why Manu does not die in that holocaust. Everything old in the brain gets destroyed, but its subtle seed remains, only then it takes birth again in a new form. This means that just as the old creation became distorted and filled with suffering over time, so too can the new one. That is why even after awakening, one has to be careful and continue doing Yoga so that the new creation remains protected from getting distorted. The power in the form of Matsya helps in his transformation. During transformation man learns new and good things, this is what is said by Matsya Lord narrating Matsya Purana to Manu. Both types of analysis can also be correct, because the stories of the Puranas often have multiple meanings.

Malaya is the name given to white sandalwood. Malayachal means a mountain full of white sandalwood trees. It seems to be the brain only. In this, bright and joyful resolution pictures emerge. Meditation happens in the brain only. Fish can also be a symbol of meditation image. Both are delicate, actively

moving and actively growing. The falling of Sankalp water symbolizes the movement of Kundalini Shakti in the microcosmic orbit. Therefore, due to the rotation of Shakti, a meditation picture itself came into Manu's grip, meaning it came into his hand. It is also commonly said that a certain thing or fish fell into his hands or got trapped in his net. The Puranas use mostly colloquial words. The fish in the form of meditation picture survives only in the water in the form of Shakti. That meditation picture grows very fast through tantric practice. The hand is connected to the Anahata Chakra. This chakra represents the heart and emotions. The love with which Kundalini Yoga begins, originates in the heart itself. With this love mixed with kindness, he took care of the beloved mental image as a fish in his heart and on its overgrowth transported it to Kamandalu i.e. the more powerful and widespread lower Chakra Manipur Chakra. When meditation image becomes strong in the heart, then it automatically descends to the navel. It is also commonly said that after love one feels hungry. The shape of the navel is also like Kamandalu, which means a crooked pit like the sacred pot of worship. In the ocean of the world, there are big carnivores in the form of material defects, that is, pain giving mental images as larger fishes, from which single beloved image as isolated cute fish has to be saved. By continuing to give it loving attention, it continued to grow rapidly. With this, it itself descended to the Swadhisthana Chakra in the form of a pitcher. Anyway, this chakra is called baggage i.e. bag or pitcher shaped container of emotions. There too, it grew with the love of Manu, due to which it descended into the well of Mooladhar. The biggest pit is Muladhar itself, and what can be bigger pit than a well. From there, through Manu's Yogasadhana, it went up through Sushumna with the help of Kundalini Shakti. This is called putting the fish in the Ganga by Manu. It is written in the beginning of the story that Manu attained Uttam or perfect Yoga while doing penance. This indicates that Kundalini Yoga is being described, because Kundalini Yoga is the best among all types of yoga. From Ganga it went to the Samudra i.e. Sahasrar Chakra. Many people will say that earlier Muladhar was called Samudra aka ocean and now they are calling Sahasrar. There is no contradiction in this. Both chakras are directly

connected to each other through the Sushumna Nadi. Muladhara and Sahasrara are two sides of the same coin. As soon as it reached Sahasrar, its shape became like a huge serpent or fish with its hood raised. Meaning Manu's Kundalini was awakened, due to which his transformation began.

Kundalini Shakti transmission is as Lord Hayagriva in all mythological vedas and puranas

Friends, the story of Hayagriva appears in many Puranas. In some, Hayagriva is shown in the incarnation of a god, in some as a demon, and in some in both the forms. Like other mythological characters, Hayagriva is also taken from the Vedas. “Haya” means horse and “grivā” means neck. The one who has the body of a human being or a god, the neck and the head of a horse, is Hayagriva.

According to a story in Bhagwat, when Brahma was going to sleep at the beginning of the Doomsday, the Vedas that came out of his mouth were stolen by the demon Hayagriva, who was killed by Vishnu in the form of a fish. He took the Vedas from him and returned them to Brahma, who had awakened after the cataclysm.

It is almost similar in Agni Purana also that when the world was reduced to ashes during the cataclysm, the demon Hayagriva started destroying the Vedas, but Vishnu took the form of a fish and killed him.

It is mentioned in Matsya Purana that when the world was burnt due to the cataclysm, Vishnu saved the Vedas by taking the form of Hayagriva.

It is mentioned in a story of Bhagwat that Vishnu in the form of Hayagriva had killed the demons Madhu and Kaitabh and obtained the Vedas from them.

According to Devipuran, the demon Hayagriva got a boon from the goddess that he would be killed only by Hayagriva and not by anyone else. Therefore Vishnu has to come in Hayagriva avatar to kill him.

According to Skanda Purana, the gods started the Yagya and they located Vishnu, who was performing meditation somewhere on an island etc. in the middle of the ocean with a bow. He lifted Vishnu, due to which one end of the bow string broke and cut Vishnu's neck, which had been eaten raw by ants. Vishwakarma then gave him the head of a horse. Vishnu was pleased and gave gods the Vedas, which completed the yagya. Then termites and Vishwakarma also asked for their share in the yagya.

Meaning Hayagriva is somewhere in all three forms, somewhere in divine form, somewhere in demonic form and somewhere in a combination of both together. He has both forms in Bhagwat Purana, but each form is in different stories, not both together in the same story, because Vishnu is the main one in this Purana. But in Devi Bhagwat Purana, both the forms are shown in the same story, because in it Devi is the main one, not Vishnu.

Spiritual analysis of the legendary myth of Lord Hayagriva

Although the situation becomes more clear only by reading the Purana in original Sanskrit, but still you can try like this. So many Puranas can be found together in the library itself. I couldn't find these available even online. There is a Shivpuran lying at home, in which I feel like gaining expertise, because I find it to be the most simple, and scientific. Anyway, we are part-time or hobby researchers, not full-time. Therefore, we want to limit ourselves to Shivpuran only. Anyway, the theme of the stories of all the Puranas is the same, which is mainly Yoga, only the stories change. The stories of Hayagriva, Matsya etc. from other Puranas are often mentioned due to the context. Even in printed Shivpuran, many times there is a problem that it takes more time to find anything, whereas online search is done in the blink of an eye. Found a site by the name of SanskritBooksOnline.com but the PDF books in it are such that Nothing inside these is searchable. Then how will scientific research happen? There is a need for a single PDF

that contains at least all 18 Puranas, with a search function. If found please let me know. If all the Vedas, Puranas, Upanishads and other Sanskrit literature are in one PDF, then great research can be done. I think that the best use of today's online communication facilities is to read and understand the ancient Sanatan culture. Today's technology and old culture, this is the best combination. Today's culture is such that there is nothing much except technology. Spiritual awakening and liberation, which is the ultimate goal of mankind, to which the old, especially Sanatan culture was completely dedicated, there is not their even a trace visible in today's culture.

The time of doomsday means when the entire knowledge of Brahma in the form of man was immersed in the darkness of Mooladhar, meaning Brahma had fallen asleep. Many people will say that the lifespan of man and his expressed mind is hundred years, then why is the age of Brahma said to be many ages long. This is because the mind can go far beyond the body. By the time an organism evolves and becomes a human being, millions and billions of years have passed since the creation of the universe. Therefore, the influence of that entire time is accumulated in the mind of man, also because he can think so much and also through DNA during evolution. The longer the day, the longer the night. The time a person spends awake working, he sleeps for the same amount of time. Meaning that as long as he lived as Brahma, even after death he would remain in that state for the same amount of time, which would be Brahma's night and sleep.

A unique feature of the horse's body is that it has special and large hair in the central line on its back, just above the path of the Sushumna Nadi. They are very beautiful and large in size in the neck and head, forming mane of its body. That is why in Hayagriva incarnation only the neck and head of the horse have been taken, the rest of the body is of a human being only, because only he can do yoga properly. It means that the figure of a Yogi is like that of Hayagriva. From this body, Shakti ascends from Mooladhar through Sushumna to Sahasrara located in the brain. This power is the basis of all

knowledge and science. It is natural that through which body the energy ascends, it also descends through the same body. The ladder by which a person climbs to the roof of the house, he also descends by the same ladder. When at the time of death, the power of a person's brain descends through the front channel to the Muladhara, then it is said that Brahma was going into sleep, and at the same time the Vedas came out of his mouth, because the front channel passes down through the mouth. Demon Hayagriva hid in the sea with those Vedas. When that person is reborn, he realizes the power and consciousness in his brain, because then the power is ascending from the muladhara to the brain. The proof of this is the growth and deepening of the mutual love affair between the newly conceived or newborn child's parents. Their mind is receiving power from their Mooladhara through their bodies like Hayagriva. Due to extreme closeness and love, the same power is being transmitted to their child also, due to which he develops rapidly. Parents also keep raising the power of the child from his Mooladhar level in his Hayagriva-like body by lovingly caressing the child's body and massaging it well. It is said for him that Brahma has woken up from sleep, and Lord Vishnu has incarnated as Hayagriva and killed the demon Hayagriva, freed the Vedas from him and returned them to Brahma.

At many places the birth of Brahma is said to be from the lotus in the navel of Vishnu. Here Vishnu in the form of Hayagriva helps Brahma awaken. It's the same thing, only the words are different. Only one who is awake can be said to be born. What is the birth of someone who is asleep or of a person devoid of knowledge? Meaning here also Vishnu is creating Brahma. In the first case, Vishnu is lying on Sheshnaga aka cosmic serpent in the sea, in the second, Vishnu is searching for the Vedas in the sea. In the first case also Vishnu creates Brahma by the development of his body, the same happens in the second case also. The lotus of consciousness that blossoms in the minds of parents due to mutual love is also the awakening of Brahma from sleep. This can also be called the birth of Brahma, because what kind of birth is that of a sleeping person? Just as Brahma is born in their brain, the same can happen in the potential child

growing in their womb. In a way, the Kundalini sleeping in Mooladhar is also Brahma sleeping in Pralyarnav aka doomsday ocean. When Vishnu or Yogi in the form of Hayagriva lifts it up, it starts awakening in Sahasrara, and starts the process of creation. Complete awakening i.e. awakening of Kundalini should be understood as the completion of creation. This is a matter of the scriptures about Brahma's sleeping and waking up. But it is also mentioned in the scriptures that Brahma himself becomes liberated after the completion of creation. Man is also like this. One who has not attained the perfection of awakening, wakes up or takes birth again after sleeping or dying, but one who has attained it, becomes free after the completion of his life.

Now let us understand a little more how the demon Hayagriva steals the Vedas and keeps Brahma unconscious. It is known that the energy of the brain goes to the perineum through the front channel. Consider the front channel as the demon Hayagriva, and the back channel as Lord Hayagriva, because in both, most of the energy travels through the central line. If Lord Hayagriva is not there, then all the energy in the form of Vedas will remain buried in the ocean of Mooladhar. Such up and down movement of power happens in everyone, but because only yogis have direct and clear experience of it, that is why the things of yoga have been linked to it.

The forms of fish, Sheshnag, Hayagriva etc. are philosophically related, hence anything can be said. At the time of the cataclysm, at some places the world is said to be a pile of burnt ashes and at other places it is said to be submerged in the ocean. Both indicate darkness and absence as that's there at Mooladhara.

According to a story, Hayagriva killed and the fish saved vedas or creation, let us understand this. This seems to me a tantric matter like Matsya Purana. How a small sensitive fish in the form of Kundalini picture becomes a huge fish and provides worldly happiness and awakening in the form of

creation to the living beings trapped in the bondage of karma.

I think Madhu kaitabha is the epitome of Ida Pingala. These nadis cover the left and right sides of the body. Due to this, the body remains extroverted, due to which the person becomes distant from spirituality. Energy remains in the body only, and the body also remains healthy, but it is not able to circulate in the central loop or ring, due to which there is a lack of energy in the Sahasrara. Sahasrara is the most important chakra of spirituality. The knowledge that is present in Sahasrara is the entire form of creation, because in it the knowledge of the world is non-dual, and the creation is also non-dual. Due to Hayagriva's meditation the energy comes into the central ring, meaning Madhu Kaitabh dies, and the Vedas which correctly describe the creation become active. Anyway, when any unnecessary thought is troubling the mind, then in the meditation of Hayagriva, it disappears and in its place comes the Kundalini picture. The horse listens less to his brain and more to his heart. The donkey seems to be one step ahead in this matter, that is why it is the vehicle of Mata Shitala Devi and Kalratri Devi. It is possible that the names or faces of the two goddesses may not get much attention, that is why the donkey has been kept with them. This means that if there is any worry about facial beauty etc., then by meditating on Hayagriva it gets eliminated and Kundalini appears.

The wavy wooden base of the bow is the back channel of the man's wavy spine, and the string tied to it is the front channel of the body. It is said that Vishnu was doing sadhana with the bow, because yoga is done with the help of these two main channels. His energy was not going down from the brain due to the useless thoughts clinging to it. These thoughts are called termites, because they keep eating the life of a person like wood. Due to this, his front channel was already weak, when the gods lifted him from yoga, it broke completely, meaning the neck was cut, because the channel itself is called neck. Then the horse's head was placed so that the front channel ran best. From this Lord Hayagriva became

apparent. When this energy loop was completed, it was natural that the Vedas in the form of creation were restored in Sahasrara. With this the yagya of the gods was completed. Yagya is performed for the welfare of the universe. Worldliness with Advaita, what better welfare of the universe can there be than this. Vishnu is called Yagyapati because only he can complete the Yagya in human form with correct behavior. Other gods are like slave servants, who are engaged in the service of the body of Vishnu i.e. the place of sacrifice and Vishnu himself in the form of soul. The final decision regarding life behavior and attitude has to be taken by the soul himself. That is why only Vishnu gets the largest share of the fruits of the yagya. Through Hayagriva meditation, one gets good attention on Manipur Chakra, and Manipur Chakra is also called the place of Yagya, where the offering of food is always given through the fire god in the form of Jathragni or stomach fire for the satisfaction of all the gods in the body, but the Yagya is finally performed by the Yagya Purusha. It is completed only with the participation of Lord Vishnu or Lord Rama or a noble human being.

Kundalini Shakti must have emerged as the Ganges river water from the branch of a sycamore aka Gular tree

There is a myth in Shivpuran about sage Gautam and his wife Ahalya. He meditated on Brahmagiri mountain in the south direction for ten thousand years. There was no rain there for 100 years. Not a single green leaf was visible. Then where would we get the water that sustains living beings? All the sages, humans, animals and birds ran away in ten directions. Some sages started passing that terrible period by doing pranayam and meditation. Gautam also meditated with Pranayam for 6 months. Due to this, Varun Dev appeared before him and he asked for the boon of rain. Varun said that he cannot disobey the orders of God. Then Gautam asked him for water which is inexhaustible, divine and gives eternal fruits. Varun asked to dig a pit. Gautam dug a hole of one hand size. Varun filled it with divine water. Varun said that any religious and noble deed done at this place would be inexhaustible. Gautam performed daily routine rituals with that rare water. He sowed various grains there for Havan. Various fruitful trees grew there. Seeing this, thousands of other sages came there and started living as householders with their families. One day, the sages' wives who came to collect water stopped Gautam's disciples from taking water, saying that they would take the water first. When the disciples complained to Gautama's wife Ahalya, she herself went with them to get water and gave it to the sage, with which he completed his daily routine. Those sages' wives reprimanded Gautama's wife and returned home and complained directly to their husbands. Enraged, the sages did penance to Ganesha and forcibly took the boon from him to harm Rishi Gautam. Ganesh was forced to become a very weak cow and started eating the vegetables grown by Gautam. She died as soon as Gautam removed her from the straw. All the sages were happy with that and started cursing the sage by calling him a cow killer. They ordered Gautam to

leave their area and started pelting him with stones. He also said that as long as he is guilty of the sin of cow slaughter, he cannot do any religious work. When Gautam apologized, the sages asked him to atone for his sin of cow slaughter by circling the earth three times. Then come back there and observe the month's fast and after that circumambulate that Brahmagiri mountain, and then take a bath with hundred pitchers of Ganga water and worship the earthen shivling again. Or in return they were asked to bring the Ganga there and take a bath in it, then make one crore earthly Lingas of Shiva and worship them, then circumambulate Brahmagiri 11 times, and then after bathing with a hundred pitchers of Ganga water, perform the earthly worship again. Gautama and Ahalya adopted that second method, and their disciples continued to serve them during that time. Then Shiva Parvati appeared pleased and asked for a boon, then Gautam asked him for the boon of eradicating his sins. Shiva said that his devotee can never remain a sinner. He also told Gautam all the misdeeds of those wicked sages and asked what punishment he should give them. Gautama asked him to forgive them saying that if they had not been evil they would not have seen him. Shiva was very pleased with this and then asked him to ask for a boon. Gautam asked for this boon that the words of these sages should not be false.

After that, the water which was the essence of earth and heaven and had been taken out and kept in the past, and whatever water was left which was given by Brahma during the marriage, Shiva gave it to that sage. That Ganges water appeared in the form of a woman. Gautam bowed to her and requested her to purify him. Shiva also requested Ganga. Then Ganga informed about her return after purifying Gautam's family. Stopping Ganga, Shiva asked her to reside there till the twenty-eighth Kaliyuga of Vaivaswat Manvantara. Then Ganga said that she would reside on earth only if her importance would be highest here. She also requested Shiva to reside near her along with his Ganas and Parvati. On this Shiva said that he is not separate from her, because she is his Shakti, yet he will reside there. Then all the divine souls including the gods came there, who started cheering Gautama, Shiva and Ganga. Shiva was pleased and

asked the gods to ask for a boon. So the gods requested Shiva and Ganga to reside there. Then Ganga asked the gods how they would maintain her uniqueness. Then the gods said that when Jupiter will remain in Leo, then all those will remain close to her. And when they become dirty by washing people's sins for 11 years, they will come to her to wash them off. There she became famous by the name Gautami Ganga and Shivalinga by the name Triyambak. During the above mentioned Muhurta, all the divine souls along with the Gods come there, and as long as they stay there, they do not get the results, meaning they get the results only after returning from there.

Ganga appeared from Brahmagiri mountain. When its stream gushed out from the branch of the sycamore tree, Gautama, his disciples, and all the other people present took bath in it. Since then that area was named Gangadwar. By seeing it all sins are destroyed. When those sages who had spoken ill of Gautam also came to take bath, then the Ganga got disappeared. When Gautam requested Ganga to appear, Ganga said that the deceitful sages should first repent by circumambulating this mountain 101 times with your permission, only then they can have darshan of her. When they had done this, Ganga again appeared for them at Kushavarta, the place below Gangadwar as named for by Gautama. The one who takes bath here gives up all the sins and attains rare knowledge and becomes entitled to salvation soon.

Explanation of the above myth

What happens that due to the stories of the Puranas, one gets the habit of detachment from worldliness. Because these stories seem both true and artificial. Therefore the mind remains detached from them. That is why there is joy in them. Someone will say that even Harry Potter stories are like this. But they are devoid of the main purpose. The main objective is Kundalini awakening. The mythological stories of the Puranas are based on the scientific principles of Yoga, Kundalini and awakening, hence the person studying them

unknowingly takes him towards them. This story of Rishi Gautam seems to me to be a mixed spiritual and physical. It is not that the ancient people lacked understanding, that is why innumerable scriptures were created on the same simple yoga. Rather, it is because a person should remain in touch with Yoga throughout his life and at every moment. Man can get bored by reading the same thing over and over again, so yoga was adapted into countless stories and activities in various forms. For example, theoretically the meditative picture of Shiva itself remains near the Shakti passing through the Sushumna. It is said in this way that Shiva promised Ganga to be staying close to her. Perhaps Kundalini Shakti appeals to meditation because it is sexual based, and everyone knows that sexual matters are disclosed only to very close relatives or lovers. The closest and most intimate lover is the most favoured mental picture. Not only do you feel ashamed of a material object or person, you may also be left with an impression of their personality. But Guru or God is devoid of separate personality or is a form of impersonal God, hence they do not hinder the personality of a man, but only indirectly or silently helps in improving him further. That is why most of the time they are made to be considered as meditation pictures. Actually anything repeatedly favoured in mind can happen to be a meditation image, because every pure mental thing is sacred, impurity comes from materiality. That is why such a picture can also be called Kundalini picture. Through Sushumna, Shakti goes directly to Sahasrara, where the companion of non-duality is the lonely Kundalini picture. That is why these Kundalini based stories are called classical or shastriya stories or scriptures. Music can be anything, but that which is made up of a lot of thought and direct experience and helps in taking man to his ultimate goal, that is classical music. Similarly, classical dance, sports etc. can be any worldly activity.

Rain is that in which there is abundance of water in the form of knowledge or power. No god can do this, because when materialism and evil are prevalent all around, then what can the gods do, because no one can forcefully change people's thinking. Yes, the deity can give darshan and advise his devotee to do something so that the external environment

does not affect him badly. Therefore Varun Dev advises Gautam Muni to dig a one hand deep pit. This is to activate the Muladhar, into which the water in the form of sleeping Kundalini Shakti as suppressed thoughts seeps. The same missing water gets filled in it. Although earlier also he was making his living through pranayama and meditation, but this was insufficient in front of the rain of awakening. It is common in the Puranas to mention a famine of a hundred years. In the scriptures, the age of a man is stated to be 100 years. Not being awake within a hundred years of lifetime seems to me like a famine of a hundred years, which is said to be the death of living beings. This is because the entire creation including all living beings exists in the mind of man only. Brain dead means everything is dead. Deep pits also get filled with underground water, but pits of one hand's length i.e. 10 or 12 inches were never seen filling with water on their own. If it was so then why would you have meditated and asked for a boon, you would have dug it up in the first place. Anyway, ordinary water does not give inexhaustible results and is not even divine. It also seems to me to mean that doing sadhana in a dark pit means in solitude, away from comforts and worldly tendencies, so that the energy saved from being spent in the world, which remains captured in darkness, is spent in brightening the Kundalini picture. And at the same time, he also gets the additional booster force of sexual tantra so that he can awaken faster, before the troubles of worldly life start again. Many times what happens is that we get a chance to stay away from worldly matters for a short period of time. During that time, if meditation is done like a tortoise or an ordinary move, then awakening cannot be achieved. The sages had indirectly done good to Rishi Gautam by banishing him, only then he could awaken Kundalini through intense meditation in solitude. Had he not been able to do it in that limited time, a new world would have been created for him in the new country and the same old story would have started. Because he attained awakening even before joining the new country heartily, seeing his achievement the old countrymen invited him back among them. These stories seem strange when seen superficially, but when seen deeply, they appear to be extremely practical and beneficial. This happens often with the common man.

Not only the people of the world but also the family members and relatives are jealous of the person who actually does spiritual work and keeps giving spiritual messages through it, and they keep looking for an excuse to fight with him. Actually, I am saying this because fake, and hypocritical religious people keep getting cheered. Then they feel at peace only by driving him away from them. However, they are deceived because when the lamp is removed, they are falling into darkness. When he awakens again in remote solitude, his old opponents seem to disappear, but some of those who had a soft spot for him at heart appear to be repenting. But an awakened person does not have any resentment towards those opponents in his mind, because it is their bad intentions that indirectly inspired him to get awakenings. This happens to many because this is the worldly principle, that is why it is written in the Puranas. What is the benefit of just writing empty stories?

I think that at that time a person with the name Gautam or with the changed name would have searched for attaining awakening from Muladhar along with worldly pleasures. These discoveries may have been described indirectly or in the form of myths, so that people do not misunderstand or misuse them. Such sages were scientists or say spiritual scientists who searched for truth. Learning from him, other sages also did the same, meaning everyone got water. First they ran here and there in search of water meaning knowledge or shakti. Anyway, in olden times people used to travel far and wide in search of knowledge. The further story that there was a fight on water etc., etc., seems to be ordinary physical events added to make the story interesting, which has not much to do with spirituality. It is possible that they too have some deep secret. Then Shiva appeared. Gautama requested Shiva to forgive his enemies. It is natural that when a man is rebuked and tortured by the world, then only he is able to meditate in solitude. He was awakened by meditation on Shiva, but now the effect of that awakening had to be maintained continuously throughout his life. This could have been possible only due to the functioning of Sushumna. This is said to be the descent of Ganga and its permanent existence through yoga etc. Momentary

awakening can be achieved even without the experience of Sushumna, but Sushumna has its own importance in daily activities, because it keeps supplying power continuously. Sins continue to be destroyed by this power.

I think one should be skeptical of mythology. Due to this the man runs his mind everywhere as to what could be its meaning. Due to this, doors of secrets open to him unknowingly. If these stories are accepted as true literally, then man becomes superstitious, unscientific and foolish. Meaning, they should be accepted as true but in the form of a hidden mystery, not literally in the ordinary physical way. Through such unusual mythological stories, our right brain becomes active, which remains dormant most of the time. To awaken, both parts of the brain must remain active in a balanced manner. Even this child can understand that the river Ganga cannot gush out of a branch of a tree. Similarly, the lack of physical water cannot be fulfilled by pranayam and meditation. Yes, the lack of power can definitely be compensated to some extent. Then if we understand it as a mysterious metaphor, then mountain means brain, from it worldly achievements means Shakti or Ganga descending through front channel reaching sycamore tree means muladhara chakra and going through its branch means sushumna channel aka Brahm Nadi and coming out of branch tip at gangadvar means sahasrar chakra, in which bathing by Gautam rishi means jivatma or soul resulted in destruction of all his sins. His discovery was also adopted by his disciples. His family members benefited from his good company. Sycamore tree is a divine plant, which is considered to be ruled by Venus, which is the representative planet of love, beauty, attraction, sexual pleasure, love marriage, wealth etc. From this it can be understood in itself what would have been called the branch of the sycamore. It also seems somewhat tantric. I also think that lovers get strength from each other's Mooladhar. That is why Ganga seems to have been given the form of a woman. Anyway, Shakti is considered feminine. Now when the crooked sages also started imitating him, they did not succeed, because for the functioning of Sushumna one has to become innocent like a child, that a crooked person can't become. Love and

wickedness are against each other. The element of Swadhisthana Chakra is water. Water is also a symbol of love. For those sinners, Gautama made him descend to the lower world. This would have been called Kushavarta. Anyway, the consciousness of sinners is stuck on the lower chakras only.

Reproduction happens only through Shakti. And from it a new man is created, in whom heaven and earth are included. The power that was left from that activity was the same power that Brahma, meaning the mind that created the entire universe including the body, gave it to Shiva at the time of his marriage. With the inspiration of Shiva, the mind in the form of Brahma passed the same through Sushumna in the form of Ganga. Well, it also has a tantric and scientific basis. Scientific discoveries so far have revealed that water was not created on Earth, rather it came from outer space bodies like comets. Ancient people also had this apprehension because they did not see water forming anywhere on earth. The same water kept changing its form in the form of ice, steam, clouds etc. That is why it would have been considered more divine.

The burden of sins falls most heavily on the gods, which operates the body. The body keeps protecting a person from those sins through fasts, pilgrimages, yoga and other spiritual practices. Perhaps it is from these reasons that 11 years have been taken in the story, because in Hindu religion most of the things and activities are of 11 types. But the subtle imprints of those sins keep getting deposited on the chakras of the body. That is why the power of Sushumna is required to cleanse the chakras.

The presence of Jupiter in Leo is a very good combination. In this the man is advanced in every field. Presence of Jupiter in Leo also helps in building deep relationships in love and relationships. Leo people have a sense of possessiveness towards their partner, but their love is also loyal and devoted. The presence of Jupiter in Leo is the reason for many yogas more than any one yoga. Jupiter is considered the most auspicious planet, which gives auspicious results in the fields

of religion, knowledge, luck, wealth, marriage, children, education, business, politics etc. Leo is also a higher zodiac sign of Jupiter, which is regal, sunny, bright, proud, leadership, creative and generous. Therefore, Jupiter being in Leo is a combination of the qualities of both, which gives many auspicious results to the person. In fact, at such times of all-round development and adaptability, there is the highest possibility of Sushumna awakening and Kundalini awakening. It is said that the gods will remain near Ganga during such yoga. Because this combination seems rare, that is why it is said to come after 11 years. Because one does not get the benefit immediately at the time of Kundalini awakening but gradually gets it over the years with spiritual practice, when one's conscience becomes quite clear. At the beginning of the story, I leave the answer to the readers as to what would be the meaning of doing penance for ten thousand years by Rishi Gautam and Ahalya.

Kundalini Yoga is the background music of life

Friends, in the previous post we were talking about Shakti water. I think that the rain that Indra makes is the rain of awakening, he is the one who fires the thunderbolt in the form of Sushumna Shakti. Indra's happiness means happiness or favor of all the gods. This is Chaddi kala aka allround development. I am not saying that Indra is not associated with physical rainfall. That is also definitely there because whatever is inside is also outside. Just as for rain to occur, favorable conditions are required with the help of all the Gods, similarly for awakening too. If there is love and faith in the Puranas, then all the paths start opening on their own. Then it came in the story that Gautam Muni got inexhaustible water with the boon of Varun Dev. Varun Devta is a major deity of the Vedas. He is the presiding deity of water. Without the power depicted as water, it is not possible to have correct knowledge of the esoteric spiritual Vedas. Varundev can give only limited water. Khwaja was also one such god of the Indus Valley civilization, who was the ruler of the sea, rivers and water. I had heard of a man who used to discover underground waters and made very accurate measurements, and was an accomplished worshiper of the Khwaja. By the way, even today in many villages Khwaja is worshiped as water god. It is possible that in the Vedas, in the secret language, Varundev has been mentioned as the symbol of that with the help of which the availability of Shakti-water in the body is maintained, but its readers or interpreters may have considered him as the god of physical water. Whatever may be the case, there is similarity on the inside and outside, hence they must be influencing each other. I myself feel that Kundalini Shakti starts moving very well near water sources like lakes, ponds etc. filled with pure water, because it is in the nature of both to flow. There is definitely a relation between the two. Among Hindus and Buddhists, Nagdevata is also considered the god of water. Kundalini Shakti or Nadi is also in the shape of a snake. In our village, both Neua meaning divine serpent or snake and Khwaja were considered to be the lords of the local waters

and the vegetation growing around them. Anyone who cut vegetation around water was made to fear being chased by the Neua snake, which resulted in good protection of the forests. At many places I also saw Khwaja in the form of a fish-like idol. It means that Varun, Naga and Khwaja are connected and all three are gods of water-like power. It is also believed that they not only provide water, but also other worldly prosperity and protection. Meaning, they look more like a god of power or Shakti.

Similarly, Lord Indra is also mentioned in abundance in the Vedas. There will be more description of a god who is necessary for the awakening. Because the basic aim of Veda is awakening. Perhaps in a secret way it has been written as rain. Where there is rain, there are deeds, sacrifices, yajanas, wealth and all the glory. It is from these that everyone remains in Chaddi kala or allround development. Awakening occurs in such a state. Of course it has both physical and spiritual meanings, but the latter seems more accurate, because the Vedas seem to deal with spirituality, not materiality.

I think there is a difference between awakening and self realization. The first one is the beginning, while the second one is the peak or end of spiritual development. I found this through AI powered Bing search. It is said that the Kundalini of many people is awakened since childhood. If Kundalini awakening was completion of the development then why would there be rebirth after that. It is also possible that even after experiencing perfection, complete purification of the soul is necessary, for which many times a new birth is required. It is also said that the Kundalini of great people like artists and leaders also is already awakened. Bing AI is free and I found it to provide the best information, both in Hindi and English. Nowadays, AI is helping a lot in writing blogs and doing research. Further exploring, when a person feels darkness without physical contact with his body and functional mind, it is said that the Shakti is sleeping. But when a meditation picture always shines even in the midst of darkness, then it is said that the Shakti is awakened. From

here the meditation begins, due to which the meditation picture gradually brightens, meaning the Kundalini Shakti is awakened more and more. Then there comes a time when the meditation image becomes so strong that the seeker does not feel any difference between himself and the meditation image, nor does he feel that he is meditating on it. Meaning, in this the meditator, the meditation picture and the process of meditation, all three become one. This is called Samadhi. During this period one can experience self-realization i.e. enlightenment at any time. Perhaps I was describing this earlier by calling it Kundalini awakening. No problem, it's just a difference of terminology, there is no difference in experience.

According to the previous story, the Shakti-water in the form of Ganga had told the gods to always reside in Sushumna on the condition that it would have to be given utmost importance. The meaning is clear that if the power flowing in Sushumna is not felt while doing yoga daily, then it will fade away. Meaning, of course, you may miss some work, but you should not miss yoga. What often happens is that only the physical karma is visible, not the mental or spiritual karma. In ancient India, people were engaged in mental activities like knowledge, devotion etc. more, which is the greatest activity because it gives liberation and the right pace to the cycle of creation. In the rest of the world, especially in the West, people were busy with materialism, cleanliness etc., which are clearly visible in the form of work. However, the best method is Karmayoga, in which physical work and yoga practice itself go together.

Actually, Kundalini Yoga is the background music that connects the various tunes of life. When for some reason the main music stops playing, this background music becomes the basis for a happy life. Just as when the main music stops, the background music becomes very loud, in the same way, when the noise of worldly activities of life subsides, the meditation picture of Yoga starts shining very brightly, due to which it can also be awakened. Probably, in the Puranas, this

has been compared to meditation in a pit or meditation in a dark prison inside the sea, etc.

There is also another variation of the previous story of Rishi Gautam. In this, after the death of the cow, Gautam comes to know about the conspiracy of the crooked sages. Angered by this, he curses them and their children to remain ostracized from Shaivism and become hell-bound from it. It is said that then Kaliyuga was filled with people like them. There is no mention of him having seen Shiva in that version of the story. The meaning is clear that he did not take the conspiracy of the evil sages positively and did not do Shiv Sadhana properly, rather he used his accumulated energy in anger and cursing, that is why he did not attain awakening. Every action has a reaction.

Kundalini awakening and self-realization aka enlightenment are basically one and the same thing

I got information from Bing AI that self-realization aka enlightenment is achieved gradually and not all at once through any technique like yoga etc. But self-knowledge is called realizing oneself. How it can be delayed. Many people have realized this through yoga techniques. Luckily, with God's countless grace I too had experienced its ordinary glimpse through the tantra-assisted Kundalini Yoga, which has been described on this website as the so-called 10-second Kundalini awakening momentary glimpse. Unfortunately, most people may not have been able to reach this level and may have been limited to Kundalini activation or so-called Kundalini awakening, and similar descriptions they may have made online, which may have been picked up by Bing AI. Perhaps chat gpt catches only what is more. Their Kundalini awakening would be of lower level than self-realization. There are levels of awakening or samadhi too. Just like some man sits awake, some walks, some runs, and even some conquers the world. Similarly, the final culmination of Kundalini awakening is self-realization. If by my Purana-reader guru's indirect inspiration and gods' proximity generated blessings, I had not given tantric strength to the ordinary Kundalini awakening, it would not have been fully awakened though momentarily. This complete awakening is self-realization. Meaning in this the mind has awakened and become as expanded as the soul or God. There is only a difference of level, nothing else. This can also be called complete samadhi. Samadhi in so called common language is also a very high level of Kundalini awakening. Actually, every experience is some level of samadhi. We cannot experience something without being connected to it. But complete awakening means self-realization is one step ahead of the so-called or popular Yogasamadhi. In most cases, Samadhi is considered to be the

final stage achieved through Yoga. This is because very few people would have gone beyond samadhi with the help of yoga, whose voices would have been ignored. In this world, there is great hearing for the lute. Most of the people would not be able to give sexual tantric strength to their Samadhi due to not being able to leave their homes due to social embarrassment or attachment to family life. Perhaps for this reason, Patanjali has also considered Samadhi as the last stage of Yoga in his Ashtangayoga Sutra. It is possible that he may not have been able to hear the voices of minority yogis. Patanjali also says that if after Samadhi, life is lived with the help of God, then by His grace one attains enlightenment soon. Whatever work a man can do on his own, one should try for it, after all God always helps everyone. It often happens that help is sought from God to fulfill the shortcomings of one's work. I also think there has been a misunderstanding. Because Samadhi is often experienced during the practice of Yoga, but not the awakening. Awakening happens more often at some beautiful place like near a lake, on a mountain, or at a ceremony etc. But it should not be forgotten that even at that time, only the Kundalini energy gathered through regular Tantric Yoga practice running at that time leads to awakening. Because only through tantric method, yoga practice can give enlightenment scientifically and in a short time, i.e. within a few months, but with ordinary yoga, it is completely uncertain. Who knows whether Yoga will deliver final result in how many years, whether it will take a lifetime or not even in the lifespan. It seems that most people do not have a life. Whether people hide or tell is a different matter. A complete miracle or special grace is required, as Patanjali says. Well, this might have been Patanjali's compulsion because if Tantra had been mentioned in his book, it might not have been very acceptable to the over idealistic society of that time. To become a successful writer, sometimes one has to cover up the truth. That is why I consider Shiva to be the greatest god, because he openly presents the truth to everyone. What is described on online portals as being achieved gradually with age, is not self-realization but the cleansing of the filth of thoughts of the soul. Only a few moments are enough to know the soul. We do not take more

than a few moments to recognize a friend, then how can we take more time to recognize ourselves, the one who is closest to us.

Kundalini tantra is based on Shiva-linga

Friends, according to a story of Shivpuran, once some disciples asked the Purana narrator whether Shivlinga is worshiped everywhere because of being a linga or there is some other reason. On this, he narrates a story that in a great forest named Daruk, devotees of Lord Shiva used to always meditate on Lord Shiva. Some time they had gone to the forest to collect Samidha. At the same time, Shiva came in the guise of a Tantrik Avadhoot to teach them and test them, who was making evil attempts while holding the Linga in his hand. The sages' wives got very scared after seeing him. And others came there desperate and surprised. Some other women held each other's hands and hugged each other. Some women became ecstatic with the friction of that embrace. At the same time Rishivars came and seeing that behavior became sad and distraught with anger. They started saying among themselves, who is this, who is this. When Tantrik Avadhoot did not say anything, they cursed him saying that he was behaving against the Vedas so his Linga should fall on the ground. So did happen. That Linga burnt all the objects in front like fire. Wherever it went, it would burn everything. It went to hell, went to heaven, went everywhere on earth, but did not settle anywhere. All the people became distraught, and those sages also became very sad. No god or sage found peace. The gods and sages who did not recognize Shiva took refuge in Brahma. Brahma scolded them a lot for unrecognising Shiva like illetrates though they being knowledgeable and scholars and said that if Goddess Parvati becomes Yonirupa then it will become stable. To please the Goddess, they were told the following method. An eight-petalled lotus should be made and a Kalash should be placed on top of it and water from the pilgrimage site containing Durva and Yavankurs should be filled in it. Then that Kumbh that's holy handheld small pitcher should be invoked through Veda mantras. Then, after worshiping it in the Vedic manner, one should anoint the Shivalinga with the water from the Kalash while remembering Shiva and reciting Shatrudriya mantras. Then sprinkle the Linga with the same mantras,

then it will become calm. Then after installing the arrow or Bana in the form of Girija yoni, the Linga should be placed on it and then it should be invoked. Then Shodashopachara puja means God should be worshiped with sixteen types of ingredients, and then He should be praised. This will make the Linga stable and healthy, and all three abodes will become free from disorders and happy.

However, this story cannot be explained. This is a sensitive religious matter connected with the faith. This can be understood by one himself. Yes, it can definitely be said that every man wanders in search of his sexual partner at some time or the other. During that time, the picture of trance that is formed in his mind can definitely make him irritable and jealous. This is because samadhi requires additional energy, which can be obtained only with the help of a close companion. The octagonal lotus is a symbol of the Anahata Chakra, and love originates on it only. Placing a pot filled with water from the holy places on it means gathering and concentrating the meditative power on it. Different pilgrimages mean different chakras. Durva grass symbolizes fertility, growth and development. Yav Ankur means sprouted barley, which appears the symbol of Chaddi Kala or all-round development, because it contains all types of tonics, vitamins and minerals, that is why it is also called green blood. In common language, it seems to mean to sacrifice everything for the heart, i.e. for love. Yogis are also like this, who leave their families and engage in worshiping their deity and attain knowledge. Worshiping that Kalash means worshiping the deity image etc. associated with shakti on the heart. Due to which it becomes more enlightened i.e. happy, just as by serving a person that person becomes happy. Worshiping with Veda mantras means giving more sharpness to that picture and making it clear, pure and luminous. Beejmantra also does the same. That mental meditation picture can be of anyone, Guru, beloved, deity, seed mantra etc. The amplified shakti along with that worshiped picture is then descended from Anahata Chakra to Swadhisthana and Muladhar Chakra. This is the anointing of that divine Linga with the water of the Kalash. In Abhishek, the stream of sacred power in the form of water flows continuously. Prokshan is called sprinkling of

water. To bring down the Shakti from the heart pot again and again through morning and evening sadhana is the divine prokshan. Shatrudriya Mantra has various secret Mantras etc., which release various invisible waves, which have invisible divine spiritual effect on the mind of man. Although natural banalinga is found in the Narmada river, yet it seems that the arrow has been described as the seat or peetha of the Linga. When I inquired from Bing Ai, it replied that a consecrated arrow is buried in the ground, and Shivalinga is installed on top of it. Maybe it is right. Because at many places such Shivalingas are seen which do not have a peetha or base. When asked, the priests etc. there tell that this Shivalinga is dug deep in the ground. It is possible that the arrow inside the ground may be its peetha. By the way, the shape of the peetha also resembles an arrow. Then beyond that, in common man's language, only tantric or divine sexual intercourse is considered. Well, everyone may have their own opinion. Due to this, all the three worlds i.e. the entire body becomes calm and healthy i.e. it becomes established in its pure self, because all the worlds are present in the body itself. This is often seen in the world, that is why spoiled or spoiling youth are married off by their families in a hurry. After that I have seen many improvements in them. But nothing improves in someones. I also blame their wives for this, yet males may appear more responsible for this too. That is why it is said that only Parvati as the peetha can hold the Shivalinga. That's why Imparting spiritual values to women was considered more important than to men, because woman is the foundation of the entire family. I heard a grown man express his personal opinion that if men were not married, they would eat each other raw, because wives control men. He himself married another woman after the death of his first wife. What has been said is correct. A friend was also saying that Tantric sex does not seem like sex at all, it becomes some other very sacred spiritual act. I think only foolish, negative, unsuccessful and heretical people vent their anger by putting both in one category. In a book, Love Story of a Yogi, when the author was asked by a woman about the main reason for his recent Kundalini awakening, instead of marking out his experience to the questioner, he narrated his experience to everyone

and said that while meditating on the Kundalini picture on the sensation of Vajrashikha, he got his awakening. He attained awakening by moving it in and out of its receptacle, but what he did was not sexual intercourse. On this, that Western or possibly American woman asking the question present on the online Kundalini group pinpoints him with loving surprise and little funny style and tells him that in their country it was called sexual intercourse, she don't know which strange culture or land he belongs to. After reading that by all group members, everyone's communication in that group on that topic had stopped, but diverted it to the usefulness of tantra accepting its utmost importance in awakening. Meaning, the author had expressed his feelings and indirectly answered the main question. This story also seems like the ankhing technique of Egypt.

It is clear that the false propaganda spread by heretics or hindu opponents has been refuted in this story. The sage was very far-sighted. He knew that this could happen in the future. This story also reflects a common incident happening in the society, not any divine transcendental type etc. Unmarried teenagers are like that. They keep making gender-oriented jokes with girls whenever they get a chance. One of them is also the real knower of Shiva type Tantra. But people consider everyone to be the same lewd and scoundrel. It is said that along with the grain the mite also gets ground. How do public know who is true and who is a liar? Therefore, along with others, they also insult Shaiva and curse him, which means they also look upon him with evil eyes. In fact, the Shaiva linga is not a normal Linga. Due to the influence of Shaiva Tantra, it actually becomes the favorite deity. In a way, due to the effect of Sadhana, that Shaiva person becomes Linga form. Wherever he goes, in a way, his favorite linga is going in his form. The displeasure of that presiding deity troubles everyone, i.e. burns them. This can also happen, because the whole world is in the wandering minds of the people, and by being in the company of that presiding deity in the form of Shivalinga, they are getting disillusioned with their wandering minds, this can be called the burning of the world. Only a Tantrayogini like Parvati can wear that Maheshwar Linga properly, so that the

meditation picture of the presiding deity can also be meditated along with it. An ordinary woman will not be able to cooperate in meditation. This means that the presiding deity will be angry and will remain without awakening. Kundalini activity without awakening can also be harmful, as it can go out of control. Uncontrolled power will burn everyone. Awakening shows man the true and complete form of power. And that form, though most beautiful and powerful, is also extremely peaceful. This keeps the man calm, meaning he remains in control of his awakened awareness.

I found this story to be the one of most meaningful story of Shivpuran. One can write as much as one wants on this. The answer to the question raised by the sages in the beginning whether Shivalinga is worshiped only because it is a Linga or there is some other reason, has been given in a very civilized manner. This is similar to the answer given by the above author. Meaning, Shivlinga is not the ordinary worldly linga, as the wicked, foolish, lustful scoundrel, Entangled in the illusion of materialism, very work-oriented, anti-religious or sexy type of people understand or talk about. It is surprising when many Hindus also fall under their influence and provocation, and start thinking the same way. Everywhere on social media etc. they ban considering Shivalinga as a part of Shiva's body, saying that it is only a sign or symbol of Shiva, or only a symbol of union of Shivashakti, or a cosmic union, not of any physical so and so. Well, at their place and in a spirituoscience sense they are right too, because there is nothing like ordinary worldly object or organ in it. Learning from them, Bing AI also says the same. In this case, if the heretics fall very low, then those so-called Hindu protectors rise very high. No one lives in the middle of the practical world i.e. on the middle path. Extremism is prohibited everywhere. The middle path is the best. This can be understood with an example. There is only one gun. One civilized man kills a terrorist with it, while another madman kills the general public. What is the fault of the gun in this? Similarly, the Shivalinga controlled by Yogi Shiva kills the demon in the form of ignorance, while on the contrary, the ordinary one used by the common people kills the gods in the form of knowledge. Once I met a tantric person, who was a

friend of my friend. He had taken initiation from Guru in the famous Kamakshi temple. He was telling that in front of him a Tantrik had used his mind controlling art aka Vashikaran Vidya on a common and unknown woman passing through a crowded road, due to which she was ready to follow him and do anything with him when he called her. However, he was just testing his knowledge, so he stopped the vashikaran, due to which the woman went back on her way. True Tantriks never do wrong things, if they do they go straight to hell. It means that there is a similar Vashikaran secret hidden in the above mythological story, because for the people of old times, awakening was the most important achievement, for which they used to make the most efforts. Nowadays, many other sciences and arts are prevalent, for which people struggle a lot. Yet those mythological teachings may still survive in Guru traditions, which, if supported by the Crown, can be discovered and preserved for posterity.

Kundalini Yoga is just an add-on feature over the regular worldly life

Friends, there is a story in Shivpuran about a demon named Andhak. It is said as that demon, the enemy of God, had taken all three worlds under his control. He lived in the shelter of a pit in the sea. That extremely powerful demon would come out of that pit and after tormenting the people, would enter the same pit again. Then being sad, all the gods repeatedly prayed to Shiva and expressed all their sorrows to him. On this Shiva assured them that he would kill him and told them to go there with his army, he himself was coming there with the Ganas. Then when that terrible darkness, which hated the gods and sages, came out of that pit, and the gods entered that pit. Then the gods and demons fought a very terrible war with each other. By the grace of Lord Shiva, the gods became victorious in that war. As soon as he entered the pit after being tormented by the gods, Lord Shiva pierced and lifted him with his trident. Then, sitting in the trident, he meditated on Lord Shiva and started praying, "O God, after seeing you at the end, the living being becomes like you." Shivji became happy and asked him to ask for a boon. Then the demon, having attained Sattvik Bhava, bowed to Lord Shiva and praised him and sought his devotion for himself and requested him to reside there. On this, Shankar threw the demon in the same pit and with the wish of public welfare, he settled there in the form of a linga.

Spirituo-psychological or scientific analysis of the above pauranik mythological story

I think the subconscious mind itself has been called a dark demon. This is what controls the man. Whatever happens to a person unknowingly comes under his influence. That is why a person, under the influence of alcohol etc., reveals deeply buried thoughts, feelings and physical actions. At that time the present conscious mind remains inactive, due to which

the subconscious mind gets more opportunity to control the body. The pit of the ocean is the Muladhara Chakra. There is water in the ocean too, and there is water in the form of Shakti in the chakras also. The ocean is also located at the lowest point on the land, and the Muladhara Chakra is also considered to be located at the lowest point in the body. The empty hole in the middle of the chakra is that pit. Just as Muladhara Chakra is the most remote and inactive part of the body, similarly the subconscious mind is also the most remote and inactive part of the entire mind. Just as there is darkness in the depths of the ocean due to lack of light, similarly there is darkness in the subconscious mind. Therefore, both Muladhar and subconscious mind are shown living together at one place. Andhak means blind or one who causes darkness. When a man is under the influence of the subconscious mind, it also makes him blind or in darkness. Just as a person wakes up and becomes active with vigor after remaining in the subconscious mind for some time in the form of sleep etc., in the same way, the power sleeping in the form of subconscious mind in Muladhar wakes up and rises up, making the entire body and mind chakras healthy and active. Old desires and habits are suppressed in the subconscious mind in the form of subtle desires. These determine the behavior of man. When a man's mental strength becomes weak, these desires can awaken and create six vices like lust, anger etc. in his mind, due to which he often commits bad deeds, which leads to his downfall or destruction. These two keep increasing each other, desires leading to bad actions and bad actions creating desires again, and again so and so cyclically. Even a good work will be considered bad if attachment is joined to it, because this attachment helps in the formation of lust. Yes, compared to bad work, it will be beneficial that good work will also get good results. However, by enjoying a good fruit with attachment, it will also become a lust and get registered in the subconscious mind, which will make the person do good work again. Whatever type be the action or result, if attachment comes along then it will definitely bind one. Consider good deeds and their fruits as chains of gold, and the action and fruits of bad deeds as chains of iron. Both will surely trap a man in the cycle of birth and death. After that

short attack of andhak rising up from muladhara or subconscious, when the man regains consciousness, that lust that remained awake for a while again goes into the pit of his subconscious mind. This happens again and again. Andhaka means subconscious mind and the various doshas aka vices arising from it mean the various demons in his army. As soon as the vices like lust, anger etc. start dominating a person means andhak coming out of pit, at the same time the meditation picture in the form of Shiva starts appearing on the lower chakras by meditating on the nondual deities expressed by him with the help of nondual literatures like physiology philosophy aka sharirvigyan darshan etc. or nondual enhancing deeds like worship of gods etc. Same thing happens with yoga also. Through yoga, when the life force of the body revolves and reaches the Muladhar, then it can be called the arrival of the gods there, because the gods are associated with the body parts and the power that moves them. The army of gods would have been said to be spiritual acts and the army of Shiva i.e. Ganasena would have been said to be tantric acts. Both complement each other. It is natural for the meditation picture of Shiva to be expressed along with Shakti. There the war with the demons means the manifestation of the suppressed thoughts that are gross or associated with this birth and thereby their weakening or destruction. Thoughts from countless births are buried in the subconscious mind. Therefore it is not so easy to defeat it. When power reaches the brain, it continues to appear in the form of gross thoughts and actions, and when power reaches the Mooladhar, which is farthest from it, it keeps hiding in its dark original form. Meaning the man is completely under its control, although he may feel that he is doing everything as per his own will. As soon as it reaches Muladhara with Shakti, it rises again with Shakti going up through the back channels. Meaning, as soon as it reaches the Muladhar Chakra while going down, it starts rising up through the ida, pingla and Sushumna nadis. This is hanging of Andhak on his trident by Shiva. After reaching the brain through those channels it becomes pure by the company of shiva form meditation image. From there it then falls down through the front channel and again reaches the Muladhara Chakra. This cycle continues. Because Muladhar Chakra keeps purifying that

Andhaka by lifting it on the trident, hence this is a type of Andhakeshwar Linga. Shivalinga means Shiva's linga as it is associated with the Shiva-form meditation picture. Because Dhyana-chitra, like background music, protects man from the jolts of the noisy music of life, hence the story says that Shiva protected the gods and people from darkness. Meaning, if Yoga brings out the old suppressed thoughts and desires to purify them, then the meditation used in it keeps the Yogi from falling prey to them. If one falls prey to these then despite weakening of those, new lustful desires will be again formed. The meaning is clear that without meditation, yoga is incomplete and can also be harmful. Meaning there should also be a meditation session at the end of the yoga session. It takes a lot of time to cleanse the desires. Therefore, yoga should be continued and practiced regularly throughout life. By the way, it is worth noting that even with common worldly tasks, Shakti keeps moving around. When a person does physical work, the body and mind get a lot of blissful freshness and energy due to blood circulation. Then, when a person gets tired and takes rest, the body does not have the activity to circulate the blood, due to which the running blood gets deposited on the Muladhara Chakra due to its heaviness, and along with it the power also gets deposited there. Due to this, the man again falls into the trap of darkness of subconscious mind. Bored with that, he then tries to divert the power accumulated on that Mooladhar by adopting worldly activities. Due to this, energy reaches the entire body and brain and the person becomes happy again. Meaning, darkness comes out of the pit and starts controlling the physical world. Because the actions of a man are those which are buried in his subconscious mind. However, due to the company of elders, gurus and knowledgeable people, he also avoids doing bad deeds by coming under its influence. But for how long? There is no complete security until it is completely destroyed. Checked

If the old thoughts keep getting weakened due to worldly activities, then new thoughts also keep getting deposited in the subconscious mind. Meaning running ahead, gap widening behind. That is why work is said to be done in the form of Karmayoga. In this there is no attachment to the

doer, action and result. Due to non-attachment, they do not settle deeply in the subconscious mind but instead remain on the surface and soon come out and get destroyed. Due to this, overall destruction of thoughts is more than the birth of thoughts, due to which the darkness in the form of subconscious mind gets purified gradually.

Secondly, during yoga we allow the suppressed thoughts to be expressed openly. This is because they cannot make us do ridiculous work or behavior, because at that time we are not working at all but are doing yoga in solitude. Due to this, they keep appearing and getting destroyed again and again. These can be called misfires of wet gunpowder. On the other hand, at work we do not allow bad thoughts to appear openly, because they can mislead us and make us do bad deeds and behave badly.

Thirdly, meditation aka dhyana is more effective during yoga. They reduce the ill effects of the manifestation of ludicrous suppressed thoughts. This is because more attention is paid to meditation, due to which less attention is paid to the bad mental tendencies that are grossly expressing. Although meditation is effective even during Karmayoga, but not as much as during Yoga. Although during my Karma Yoga, meditation image was more effective than ordinary yoga, yet it was slightly less effective than meditation image in Tantra Yoga. There was only a little difference. Of course, the power worthy of awakening was obtained only through Tantra Yoga. There is a lot of power in Karmayoga also. Considering this spiritual scientific benefit of Dhyanchitra, the author of Shivpuran has given it the form of Shiva. With the help of yoga, he keeps lifting Andhak on the trident again and again, purifying it and throwing it back into the pit. Meaning, the subconscious mind keeps rising up with Shakti and Shivchitra through the nadis of the back channel, keeps getting purified by releasing its energy, and keeps falling down through the front channel. Then again rises up from behind. This cycle continues.

Fourthly, worldly activities cannot revolve the power aka shakti as much and as quickly as through yoga. By doing yoga throughout the day, Shakti can be rotated hundreds of times, whereas while working, Shakti can be rotated only maximum 4-5 times. Shakti rotates once in the morning after breakfast. Then there is rest during lunch time. After rest, the power rotates once again through work. Everyone rotates the power approximately 1 or 2 times. Many people relax and have tea in the evening. The subsequent work rotates the power for the third time. Fast people rotate it fourth time doing everything from waking up early to having breakfast. Very active people even rotate the Shakti for the fifth time between the time of evening puja and after eating food till sleeping. Meaning, for the energy to circulate, rest along with work is also necessary.

This is all a game of gunpowder. The gunpowder of thoughts stored in the subconscious mind has to be burnt in such a way that there is no explosion and it keeps burning. For this, little water as detachment can be sprayed on it. This is the aim of yoga. Natural efforts are also a mild form of Yoga, in which a man keeps getting the results or fruits of his thoughts of action buried in his subconscious mind. With this, those associated old Karmic thoughts are remembered by them, by this they releasing their energy, meaning they were in the form of suppressed energy, which comes out and merges into the soul. Energy is neither created nor destroyed. It keeps appearing from the soul and keeps merging in it. The suppressed thoughts of this birth are remembered, but the thoughts of the previous birth keep disappearing without being remembered. Although it is definitely felt. That is why after getting any good or bad results, a person feels lightness and happiness arising in himself. Because a person is afraid of bad results and takes them in a different and negative form, hence even though there is joy in it, he is not able to feel it. If a person adopts the attitude of non-attachment and non-duality, then there is only happiness, whether the result is good or bad. Kundalini Yoga has been created to speed up this natural Yoga.

Kundalini Yoga assisted by Beeja Mantras

Friends, there is a seed mantra associated with each chakra. Om is associated with Sahasrara Chakra, Om or Sham with Ajna Chakra, Haam with Vishuddhi Chakra, Yam with Anahata Chakra, Ram with Manipura Chakra, Vam with Swadhisthana Chakra, and Lam with Muladhara Chakra. In this article we will try to understand the science related to them. The dot above the Beej Mantra is in the form of a Chakra. This makes the attention more pinpoint, meaning more focused and effective. By meditating on the Chakra in the visual form of the Beej Mantra and reciting its sound in the mind, the upper Prana and the lower Apana reach that Beej Mantra and get together. This is a good scientific technique to concentrate the power of the entire body at one point. Many people find it difficult to concentrate directly on the chakra. This is a good option for them. Due to this, the meditation picture on the chakra also becomes more clear. I did not need that kind of Bija Mantra, because I already had a clear experience of meditation image on the Chakras. It seems that I tworced as a seed mantra for me. With that I was able to give power to the chakras. Only now have I understood the usefulness of Beej Mantras. Earlier I used to take them lightly. For those who have not yet developed their meditation image, Beeja Mantras are very important, because these develop their meditation. Attach the point aka bindu at the top of the Bija Mantra to the most sensitive place of the Chakra, and add the remaining part of the Bija Mantra to it as per your wish, diagonally, straight, upside down, even rotating around the point and let the complete Bija Mantra be formed. If you chant it in your mind, you will immediately feel the benefits. For example, make the navel hole the point of Ram Beeja Mantra. Ham is associated with the throat chakra because perhaps it is a symbol of ego, and the sound of 'Main Main' means 'Aham, Aham' or I, I in English comes from the throat itself. The letter Om has been given to Sahasrara and Ajna Chakra because there is a sense of non-duality in all three. The Sham ॐ Bija Mantra is given to the Ajna Chakra because

it means peace in Sanskrit, and distraction, fatigue or restlessness of the mind has a greater impact on the Ajna Chakra, as it is associated with the intellect and worldly functions of the mind. Sahasrara is already a transcendental chakra, hence there is no sense of disturbance in it. These are the two main chakras of the brain. Yam is given to the Heart Chakra because the feeling of compassion resides in the heart, and both have the letter Ya. ॠ or ram may have been given to the navel because food burns in the stomach, and burning is also called radna in Hindi. The mantra of Ba Bam Bam Bam Bam Lahari is the main mantra to please Shiva. Perhaps this is the seed mantra of Swadhisthana Chakra that's vam. Lam might have been given to Muladhar because the letter La has sexual connotation. The point located above the Bijamantra has two benefits. Firstly, it gives a non-dual sound like Om, and secondly it helps in concentrating of energy on the sensational acupoints or chakra points. Actually, lotuses of different colors and petals are also associated with different chakras. Colors increase the resolution i.e. clarity of the picture. The petals reveal the connection of the chakras to the body. Due to this, sufficient life force reaches the chakras from the body. For example, the two petals on the Ajna Chakra mean two nadis from both the eyebrows. It is Ida and Pingala that bring power to the Ajna Chakra. Similarly, the hexagon of the heart chakra brings power from all sides here. Sky blue color has been given to the throat chakra because sound travels only in the sky. Green color has been given to the heart chakra because it symbolizes peace, kindness, greenery, growth and development. Yellow color has been given to the navel chakra because the food gets burnt in the stomach and turns yellow, just as the leaves of a tree turn yellow due to excess sunlight. Turmeric is yellow and so are the laddus. Swadhisthana Chakra gets more attention with orange color. Sexual desire is associated with sour taste and orange is also sour and sweet. Muladhar Chakra has been given red color because red blood is associated with violence etc. in the darkness of ignorance etc. Purple color helps in meditation on Sahasrara Chakra. Similarly, dark blue or black color gives good attention to Ajna Chakra. Although the practice of colors and lotus flower is a bit difficult, but it seems that the

benefits are equally great. Only colors or colored circles can also be meditated upon. The point on top of Vam bijamantra in Sanskrit can be considered an orange. Similarly, the sensory point of the Muladhara Chakra, i.e. the point of Lam bijamantra can be considered as a red tomato. The navel hole can be considered the point of ram bijamantra and a yellow colour laddu. The green hexagon on the heart chakra can be considered as the point of Yam. The central dense sphere of Sahasrara of lotus flower or any other flower can be considered as the point of Om. It has petals all around. Lotus flower has been taken because the lotus leaf remains detached from water even when it is in it, and perhaps by meditating on it man too will learn to remain detached from the world. The shape of the circle from petal to petal through the central knot is also similar, like there is an oblique bracket above Om. The point can be considered as the seed of that flower inside that sphere. There are no set rules. You can meditate in any way that seems easy and effective. Similarly, the flowers of Ajna Chakra and Vishuddhi Chakra can also be considered a part of the syllables Om and Ham respectively. Whatever seed mantra comes to your mind, you should keep meditating on it, it automatically settles in its place. All chakras are interconnected. If only 'Ham' is being concentrated on the throat, then it does not matter, when it will draw energy, then the middle chakras like Anahata, Manipura etc. will themselves receive energy because they lie in the middle path. Due to this, the seed mantras of those chakras like Yam, Ram etc. automatically come to mind. When the chain of energy rotates, all the chakras are automatically massaged. By strengthening one chakra, all the chakras themselves get strengthened. It is like pushing one box seat of Chandol i.e. Merry Go Round gives motion to all the box seats. With practice, their seed mantras can be meditated on all the chakras from head to toe like beads of a rosary. Perhaps this is the real rosary and the physical rosary also makes it active.

Kundalini yoga can make a dead person alive

There is a story of Sudharma Brahmin in Shivpuran. He remained satisfied, happy and in a non-dual state. He had a devout wife named Sudeha. Much of his life passed but he did not have any son. Still the philosopher Sudharma did not feel sad at all. But his wife was very sad about not having a son. She asked her husband to try for a son. Then Sudharma would scold him and explain what his son would do. Who is whose mother and who is whose father, who is the son and who is the brother or friend. Everyone is selfish. Once a neighbor woman scolded Sudeha for not having a son. She again started complaining to her husband. He explained to her a lot but when she still did not understand, he placed two flowers in front of her and asked her to pick one of them. Sudeha picked up the flower on which the Brahmin had thought about not having a son. Still she did not agree and threatened to commit suicide without her son. Then Sudeha brought her real sister Ghushma and asked her husband to marry her for a son. Sudharma explained to her that she would become jealous of her if she had a son, which would hurt her. On that Ghushma said how could she be jealous of her real sister. Ghushma used to make, worship and immerse one hundred and one earthly Lingas every day. In this way, when the number of one lakh Lingas was completed, she was blessed with a beautiful son. Sudharma was very happy to see him and started enjoying pleasures without attachment. After that Sudeha became very jealous of Ghushma. All the relatives started respecting Ghushma. Although Sudharma still gave more respect and love to Sudeha, there was deceit in her mind. Ghushma's son also got married. Burning Sudeha Couldn't stay calm on a day. She killed the stepson who slept with his wife, dismembered his body and threw those pieces into the river. Coincidentally, Sudeha also used to immerse the earthly shivlingas at the same place. When the daughter-in-law woke up in the morning and saw splattered blood and pieces of her husband's body scattered on the bed, she cried. Sudeha also started crying while acting. But Ghushma did not feel sad at all and continued

fasting for the Shiva's prayers. Her husband also did not pay any attention until the Shivaling worship was completed. With a steady mind, she took the name of Shiva and went to leave the earthly Shivalingas and when she turned back, she saw her son on the banks of that lake. Ghushma was not very happy to see her son alive, just as she was not sad at his death, but remained ready to meditate on Lord Shiva. At the same time, Satisfied Sadashiv appeared from there and asked Ghushma to ask for a boon. Then she asked for the boon of protecting her sister Sudeha. When Shiva expressed surprise at this, Ghushma said that all the sins are destroyed by the mere sight of the one who does good to the one who does harm. Then Shiva became happy with this and asked her to ask for another boon. Then Ghushma asked Shiva to always stay with her. On this, Shiva settled there under the name Ghushmeshwar Linga. Seeing her son alive, Sudeha felt ashamed and sought forgiveness from both of them and started fasting to erase her sins.

Psychological analysis of the ghushmeshwar linga story

The glory of Karmayoga, non-attachment and non-duality has been described in this story. Ghushma was not very happy even after seeing her son. Meaning, a Karmayogi also feels happy for the benefit of another person, but not much, that is, not so much that he becomes attached to him. Ghushma did not feel sad at all after seeing her dead son. The one who had to go, has gone. What was the use of feeling sad for him? There was no sorrow for herself at all, meaning the Karmayogi does not accept sorrow for himself at all. Perhaps he doesn't even consider happiness for himself. The little happiness she felt on seeing his living son must have been for him, not for herself. By living in a non-duality, one automatically starts concentrating on the desired aka ishta. It is said that she was not happy to see her son alive, but remained attentive to Lord Shiva. As far as justice is concerned, meditation on God should give rise to a feeling of non-duality, perhaps this is what has happened. This is the principle reason behind the development of spiritual qualities

through Kundalini meditation. A dead person can never come alive. Whatever she saw as her dead son, she saw him in her mind only because of her deep meditation due to the influence of her Shiv Sadhana. Then she also saw Shiva, which means she became awakened by that meditation. If her son had really come alive then why would Sudeha do penance and atone for it, because then the sin of killing her son would itself have been destroyed if her son was alive. The story tells indirectly that seeing her killed son in the meditative imagination of sudeha by ghushma made her remember her that sin repeatedly that propelled her to do penance. Many films have been made on such types of stepmothers. A Punjabi film Saunkan Saunkne seems to have exactly the same story. The difference is that the daughter-in-law in this herself separated and went to her maternal home before any harm could be done by her. As far as forgiving the one who has done wrong is concerned, the Vedas and Puranas are full of such examples. Perhaps that is why Hinduism is the most tolerant community. But many communities also took unfair advantage of it. It is said that if Prithviraj Chauhan had not forgiven Muhammad Gauri in the battle of Tarain, India would not have become like a slave of the Mughals for hundreds of years. Glimpse of slavery still appears existing in some form or the other. Everyone knows which communities can create the most obstacles in implementing the population control law and uniform civil code. There are many such examples. Now take Myanmar's Buddhist saint Wirathu. His statement was widely shared on social media that love and tolerance are good but you cannot sleep next to a mad dog. Well, this thing started based on Purana, it has no separate purpose. Overall, extremism is harmful everywhere. Meaning that forgiving others is certainly very virtuous, but if the person in front is inclined to kill you then what will you do with that virtue, because everything depends on the body. However, Lord Shiva seems to be against this extremism, because almost everywhere he expresses surprise at such a boon of extreme tolerance. He would not have been surprised if asking for such a boon was natural or absolutely right. By the way, he was also very happy about this. Meaning that the line dividing tolerance and over-tolerance is very thin, and reactions should be

tailored to the occasion. I think people like Ghushma, Atri etc. were great devotees of Shiva who attained awakening with the help of Shivalinga. To honor them, permanent Shivalingas would have been built in their names at their residences so that people could continue to get inspiration from them. When physical scientists are also given such credit then why not spiritual scientists? This seems to be the reason behind the origin of Ghushmeshwar Linga, Atrishwar Linga etc. This story also gives an idea that remembering someone after death gives him/her benefits in the next world. It is possible that when Ghushma, through intense meditation, saw her son alive, he may have become alive in a subtle way, although of course not visible to anyone. That is why many cultures have a tradition of remembering and worshipping dead relatives every year. Perhaps this is a relationship similar to that between a mother and the child growing in her womb. Many times, when an evil spirit resides in someone's body, it also makes him do wrong things. Then he has to be chased away with the help of Tantrikas. That is why it is said to avoid bad company. Good souls do not interfere much in anyone's body because they understand their limitations, however, they keep guiding them on the right path whenever the need arises. Therefore, there is no need to chase them away, rather it is done by calling them, like invocation of the gods. Well, moreover what strange can not happen in this world full of wonders.

Kundalini awakens from the Kunda and activates the vaikalpik Kalachakra as Sudarshan Chakra in which sharirvigyan darshan ek adhunik kundalini tantra book helps a lot

It is said that the word Kundalini is not in the scriptures. But the word Kund is there a lot in Shivpuran. In Sanskrit language, a masculine object shaped like an earring or ring is called Kundalin and a feminine object having such shape is called Kundalini. Perhaps the word Kundal is also derived from the word Kund. The relation between the two is clearly visible. The literal meaning of Kund is round pit, and Kundal means round ring. The only difference between the two is that the pit has a bottom surface, but the rings do not, otherwise both are the same. Just as word Harshil is made from Harsh, similarly Kundal can be made from Kund. Harsh means full of joy and Kundal means accompanied with pit. This is because kundal fits properly inside kund. Only any Sanskrit grammar scholar can check this guess of mine, if he is reading this article. Even if a kundal is not formed from the word kund, the snake gets molded into the shape of the coil and hides in the kund i.e. the pit. That is why it is said that the snake has made its kundali. It should not be surprising if the pit in which a snake coils itself and hides is called a kund. In the dark pit of Mooladhar, the widespread power of the mind shrinks and gets hidden in the form of a meditation picture. That is why that power is called Kundalini. It climbs up through all the chakras and spreads in the nadis of the back and brain shaped like a hooded snake. Vishnu installed Shivalinga in the pit. Since it is related to religious faith, not much can be said about it because some staunch Hindus start doubting the fact that the one who calls the stories of the Puranas mythical is a Hindu. Well, in their opinion they are also right, because these stories are not fabricated. Myths are also of two types, one apocryphal or useless type

and one based on scientific truth or useful type. The myths of the Puranas are of a different type, meaning that although they may seem like myths, they are completely based on scientific truth. That is why we highlight their scientific truth so that they are not considered fabricated myths and their lost respect can be regained. However, with common worldly thinking, it can be understood that the above Shivalinga worship by Lord Vishnu is similar to the way some skilled Tantra yogis gave Shividhyan-superimposed sexual power to Muladhar as generated from Yabyum Asana. It is only by Shiva's meditation on the Linga that it becomes pure and becomes Shivlinga. The method of great and ideal yogis like Dev Vishnu may certainly be advanced and sattvik, but the aim of all is the same, and that is to awaken the Shakti.

Vishnu was trying to worship Shiva with a thousand lotus flowers, that is, he was trying to lift the Shivadhyachitra from the perineum up to the Sahasrara Chakra through the spine. Shiva hid a flower with his Maya shakti, which means that Vishnu, being fascinated by Shiva's illusive power, was not able to offer his ego to Shiva. Vishnu searched for that last flower everywhere on earth but could not find it, meaning ego is within, not outside. Even if the entire external creation is offered to Shiva, the offering will still remain incomplete, because the ego residing inside the brain has not been offered. Vishnu then offered his one eye i.e. by awakening the third eye i.e. Ajna Chakra, he brought its power down from the front channel to the Muladhar Chakra. Being completely satisfied with that, Shiva present there climbed up to the Sahasrara Chakra and became fully awakened, that is, being pleased, he presented himself in visual form to Vishnu. The web of ego resides in the form of intelligence, and the symbol of intelligence is the Agyachakra. Meaning, the power of the mind which was trapped in the web of intellectualistic worldliness, got freed and got attached to Shividhyan Chitra i.e. Kundalini picture, due to which it woke up. Then Shiva gave him Sudarshan Chakra, meaning the Sahasrara Chakra formed after sudarshan or good visualisation or Shivadharshan i.e. awakening, is Sudarshan Chakra. Killing evil and demons means eliminating bad thoughts. At many places it is also

shown like a rod, which seems to symbolize the Sushumna Nadi.

Shri Krishna had lifted Govardhan Mountain on the Sudarshan Chakra itself, that is, through the awakened Sahasrara Chakra, the form of knowledge, he made the physical world so light, subtle and ethereal that it rose up and came in the middle of the void sky. With this, the cowherds men, i.e. the common worldly people under the influence of senses, were saved from the indiscriminate rain of sorrows, which was being caused by Indra in the form of ego. Cow is called the senses and the one who grazes the cow means an ignorant human being suffering from the influence of senses. This seems to be a similar case of Ravana lifting Mount Kailash on his arms. Sudarshan Chakra moving only at will and coming back on its own after striking and always rotating indicates that it is a divine chakra i.e. Sahasrara Chakra. Its spokes, axles etc. indicate seasons etc. Kalachakra is also compared to this among Buddhists. Even in Kalachakra, there are spokes etc. equal to Sudarshan Chakra which indicate the movement of time, seasons etc. Both contain thunder and electricity. This is the energy flowing in Sushumna and giving instant awakening. Like Sudarshan Chakra, Kalachakra is also associated with Vishnu, Krishna, Shiva etc. Both are described in the Vedas. However, Kalachakra is mainly used among Buddhists.

There are three types of Kalachakra, baahya or external, aantarik or internal and gupta or secret. External macro universe is included in external, internal is micro universe inside the body and secret is included in mysterious liberating sciences like yoga etc. I think that having complete knowledge of one leads to knowledge of all three. For an extroverted person, it is the sadhana of the external Kalachakra. internal for an introvert and Gupt Kalachakra is made for Sanyasin or renunciate type of person. Knowledge and liberation come from all three. Premyogi Vajra's philosophy of physiological science or sharirvigyan darshan can be called a kind of internal Kalachakra, because it describes the universe inside the body. Kalachakra is a circle

in which various deities, symbols and figures are displayed. In fact, there is a world with similar diverse forms in all the three time cycles aka kalchakras. By its sadhana it is natural that Sushumna, Sahasrara and Kundalini etc. get awakened, which then destroy the demons in the form of evil thoughts and nature. In this case also Kalachakra and Sudarshan Chakra are same. It can be said that the Kalachakra is available to a common man, whereas the Kalachakra available to an ideal man like Vishnu has been called Sudarshan Chakra. The common man destroys only his own ignorance whereas Vishnu and his incarnations like Ram, Krishna, Buddha etc. destroy the ignorance of countless devotees. That is why Sudarshan Chakra can be called a special Kalachakra.

In Vamana Purana also this chakra has been called Kalachakra. Its twelve spokes indicate the twelve months and six navels indicate the six seasons. It is also said that the mantra 'Sahasrat Hum Phat' is inscribed on its spokes. This sounds like a Buddhist mantra. The Sikhs also used the Chakra as a weapon, which could be used directly or by throwing. At many places it is also said that the center of Sudarshan Chakra is made of Vajra. Vajra is the same spinal cord through which Vajra Shakti passes to Sahasrara. This article will be completely understood after reading the next article because its original story described in Shivpuran will be written in it.

Even in Rigveda, Sudarshan Chakra has been called Kalachakra. Apart from the three Kalachakras, there is also a fourth alternative Kalachakra, in which the mind is not allowed to be affected by the movement of time. This is the chakra of enlightenment and spiritual knowledge. This is Advaita, this is Dvaitadvaita, meaning Advaita is living amidst duality. This is the concept of tantra philosophy called body science philosophy created by Premyogi Vajra. This is Vishnu's evil destroying Sudarshan Chakra. These are the three previous Kaalchakras, which due to the blows of time are going to put the common man's mind in duality, ignorance and sorrow and put him in the cycle of birth and

death again and again. The benevolent Sudarshan Chakra, the fourth and last one is the alternative Kalachakra, which undoubtedly rotates at the speed of time, but by teaching man to live non-dually in it, gives him happiness, prosperity and liberation. Anyone can have the time cycle that can kill, but only a knowledgeable person like Vishnu can have the one to save. That is achieved when the Sahasrara Chakra is awakened. This time continues like a cycle and never stops. Birth is followed by death, death is followed by birth and then again death. Creation is followed by destruction, destruction is followed by creation and then again destruction. Seasons keep changing in cycles, happiness and sorrow keep coming and going in cycles. We cannot run away from this cycle. The cycle itself cuts the cycle. Varadayi that's boon providing Sudarshan or Alternative Chakra is the only way to escape. Meaning, keep moving with the cycle but do not let it disturb your non-dual peace. This is the praise and worship of Sudarshan Chakra.

Sudarshan Chakra cut Shishupala's throat, which means that due to Shishupala's duplicitous behavior his power did not rise above Vishuddhi Chakra. Because a person speaks with the power of Vishuddhi Chakra of the throat, then the power rising up is stopped by the throat and ends in abusive language, which means the path of power near the throat is cut, which means the throat is cut. Shishupala was abusing Krishna a lot. Kundalini chakras are also called chakras because the level of power on them also keeps changing cyclically. Sometimes the power increases and reaches a peak, which is called awakening of the chakra, and then decreases and reaches a minimum. For example, sometimes the heart's emotions are in full swing and sometimes it becomes emotionless. After some time, the heart again gets filled with emotions, which sometimes leads to creation of a good poem. This cycle continues. If the Chakra is awakened, it does not mean that it will remain awakened forever. Its power will keep increasing and decreasing. Don't be afraid of this nor be affected by it. This is the vaikalpik Kalachakra, meaning the Buddhist thinking kalchakra i.e. through truthful imagination or philosophy, we have to eliminate the ill effects of Kalachakra and create positive effects from it. Similarly,

Sahasrara Chakra is also sometimes at its peak power. At that time, this can give material prosperity and liberation to deserving person by giving knowledge or boon, and by cursing the sinful person, it can also put him in material loss and bondage. Then the Sahasrara Chakra also occurs at a lower Shakti level, at which time Shri Krishna used to behave like a common man. He behaved like an incarnational man only when the Sahasrara was in a state of extreme power, at which time the Sudarshan Chakra was shown rotating on his finger as an external and physical symbol of the Sahasrara Chakra. Common people cannot feel the subtle Sahasrara Chakra inside the mind or brain. Through awakened Sahasrara Chakra that's Sudarshan Chakra there is divinity, prophecy and greatness.

Man is born in the external kalchakra and learns a lot by living in it for a long time. This is the time cycle or kalchakra of initial practice. Then, being troubled by the blows of sorrow arising from it, he starts imposing it on the internal kalchakra. Meaning, he starts giving solace to his mind that whatever is there in the vast universe is also there in his own small body. Meaning 'Yatpinde tat brahmande'. To do this becomes very easy with the book titled "**sharirvigyan darshan, ek adhunik Kundalini Tantra, ek yogi ki premkatha**". This gives him a feeling of non-duality due to which he feels some protection from the blows of time. This happens because despite the entire Kalachakra running inside the body, none of its components fall into the bondage of duality. After remaining stable in it for a long time, when he becomes pure enough, then his tendency automatically leans towards the secret time cycle or gupta kalchakra of Yoga Sadhana. While doing yoga and moving forward, he himself turns towards Tantric Kundalini Yoga. Through Tantra Yoga, his Kundalini is awakened in the Sahasrara Chakra, which means he becomes the possessor of the vaikalpik Kalachakra or Sudarshan Chakra. Yet whenever he keeps coming down from this supreme Kalachakra due to lack of energy in Sahasrara, he easily reaches there with a little push of tantric energy.

The infinitely wide external kalchakra becomes smaller and smaller. First it reaches the level of the internal kalchakra.

Then it becomes more subtle and limited to seven Kundalini Chakras and becomes the Gupta Kalachakra. It's called Gupta or secret because not everyone can feel it but only the Kundalini yogis. Then after awakening, it becomes subtle to the level of the point of sahasrar chakra and becomes an vaikalpik Kalachakra. The kalchakra continues from the beginning till the end, but earlier it was the one who puts you in the bondage of ignorance, in the end it becomes the giver of knowledge and liberation. This is a very effective and practical meditation which must be adopted. To put it in the simplest terms, it is like that in between the material worldly life, one should keep experiencing one's body as well, the paths ahead open up on their own. **Yoga is made only to develop its habit. While doing Yogasana, worldly thoughts keep coming due to the activity of Prana and along with this, attention is also focused on the special posture of the body and breath, which means the external Kalachakra keeps getting transformed into the internal Kalachakra.**

Kundalini Yoga is Gupta Kalachakra in Buddhism

At some time the demons had become very powerful. They started tormenting people and destroying Dharma. Distressed, the gods expressed their grief to the protector of gods, Vishnu. To fulfill the task of the gods, Vishnu himself went near Mount Kailash, built a pit, lit a fire in it and started performing penance in front of it. He kept worshiping Lord Shiva with joy with the lotuses born in Manasarovar by chanting various types of mantras and hymns in the earthly manner. Hari Vishnu himself remained seated and did not get distracted. Shiva did not appear for a long time. Vishnu was surprised at this and started chanting the Sahasranama of Shiva. He started worshiping Shambhu by chanting his name mantras one by one and offering him a lotus with each name mantra. At that time, Shiva abducted one of the thousand lotuses to test the devotion of Vishnu. Vishnu, not understanding Shiva's illusive act, started searching for a lotus. Vishnu traveled the entire earth for that lotus. When he did not receive it, he offered one of his eyes in its place, although Shiva had stopped him from doing so. Then Shiva appeared pleased and got ready to grant a boon to Vishnu. When asked, Vishnu told that his weapon was not able to kill the demons. Hearing this word of Vishnu, Shiva gave him his very brilliant Sudarshan Chakra. After receiving it, Vishnu quickly destroyed those mighty demons without any effort. In this way there was peace in the world. The gods became happy and Vishnu also became extremely happy after receiving the beautiful Sudarshan Chakra.

Psychological analysis of the above story

Vishnu or Vishnu Avatar is the soul that operates the body, and Parabrahma Vishnu is the indescribable Supreme Being from whom it descends. He nourishes the three worlds in the form of the body and also provides nourishment to various gods in it. Similarly, Shiva incarnation Rudra is the state of the same soul which destroys the body near death. Brahma is

also in the state of creating the creation as per the mind of the same soul. There is no Parabrahma form of Brahma, because he is only the mind generated from the soul in the form of Vishnu. That is why it is said that Brahma is born from the navel of Vishnu. The body, governed by the gods, tries hard to escape from the clutches of the deadly demons of ignorance, but is unable to succeed. The last support is Vishnu in the form of a living being soul. For this he does Shiva Sadhana through Tantric method. Kailash is the Sahasrara Chakra where the Supreme Lord Shiva resides. Near it is the Muladhar Chakra which is like a pit. Both the chakras are said to be close to each other because both are directly connected through the nadi, although the physical distance is greater for Muladhara than for other chakras. The word Kund has been used a lot in Shivpuran for pit or pond. This means that the word Kundalini is derived from this Kund. The snake sits coiled in the pit. The coiled he snake became Kundalin and the she snake became Kundalini. Similarly, Dhanin means a man with wealth and Dhanini means a woman with wealth. Rings worn in the ears are called kundal. Therefore, Kundalin means a male one shaped like earrings. And Kundalini means a female one shaped like earrings. There is a connection between the earrings and the ear pit. Similarly, there is a connection between Kundalini and the pit or pool of Muladhar. Establishing fire in the pond means activating the Muladhar Chakra with vital air. Shiv Sadhana in that pond means special meditation on Muladhar Chakra. Shiva was worshiped in the earthly manner, meaning a Shivalinga was made of clay. The human body is also called the earthly body. So his body parts became earthly parts. Flowers of Manasarovar mean flowers of mind or meditation. He offered thousand lotus flowers, that is, he established the energy of the chakras on the Muladhar one thousand times and did Ishta meditation on it. Meaning the energy revolved around one thousand times. The flower here is called the chakra. Shiva stole the thousandth flower which means the energy was not fully reaching the Sahasrara Chakra. Due to this, Vishnu opened his third eye i.e. Ajna Chakra and by meditating on it i.e. by meditating on it in Shambhavi Mudra, the energy became centralized. That energy first reached Mooladhar, where he meditated deeply on Shiva and then

went to Sahasrara along with Shirdhyanachitra where he got the direct darshan of Shiva, which means he attained awakening.

The above story can be understood in another way also. One petal can be called a flower because offering a few petals of a flower during ritual worship is considered as offering the entire flower. This also saves flowers and many deities can be worshiped with a single flower. The lotus flower in the form of Sahasrarachakra has a thousand petals. Offering a flower in the name of Shiva meant that a petal of flower in the form of a certain amount of meditation on Shiva was offered to muladhara from where it was straight redirected to sahasrara. It's difficult to offer energy directly to sahasrar, so practical method appears offering it to muladhara from where it gets itself redirected straight to sahasrar easily. Actually full energy of all the chakras is to be offered to sahasrar to get awakening. When Sahasrara is a flower and it blooms with meditation then it is natural that meditation is also a flower. Just like pouring water into a vessel filled with water increases its water content, similarly adding flowers to the Sahasrara flower will increase that flower. Sahasrara was about to bloom completely, meaning awakening was about to happen but its last petal was not blooming. It also blossomed with the flower of meditation in the form of Agya Chakra. In ritual puja, while meditating, the flower is placed inside the closed hands in Namaskar position. As a means of dedicating that meditation in the end to the deity, the flower situated in Anjali or closed praying hands is offered at the feet of the deity.

This article is connected to the previous and next article. There is also a good research discussion on Kaalachakra. Gaining Advaita Bhava in the outer Kalachakra is the main aim of the inner Kalachakra. This is because there is no visible duality-born and attachment born bondage anywhere within the internal chakra. All the gods, rituals etc. are part of the internal kalchakra. Meditating on the gods in human form in every external object in the form of their presiding deities is to meditate on the internal kalchakra. Due to this, man

gradually becomes pure and moves towards Gupt Kalachakra i.e. Kundalini Yogasadhana. The sharirvigyan darshan philosophy gives further strength to Devsadhana because it scientifically shows that the entire universe including gods as well as human beings i.e. external Kalachakra is present inside the body of all living beings.

Kundalini Shakti creates the entire universe from darkness

The secret time cycle aka gupta kalchakra seems to me to be a game of the subconscious mind. Information related to each organ of man is hidden in the chakra related to it. These are the information of countless past lives, because the bodies of all living beings, their activities, emotions and chakras associated with them are all almost the same, there may be a difference in quantity or shape. By meditating on the chakras, that information keeps on appearing and disappearing in direct or indirect form. When the gross mind is purified, then man himself turns to Chakrasadhana to purify the subtle mind. Just as the state of the gross mind keeps changing every moment with time, similarly the state of the subtle subconscious mind also keeps changing, because the subtle mind is a reflection of the gross mind, but we cannot see it. That is why it is called Gupta Kalachakra. Meaning that even if the subconscious mind is completely cleaned, there is no guarantee that it will not become dirty again. The practitioner will continue to feel the energy level of all the chakras changing. Nothing can escape the blows of time. Therefore, it is best to accept whatever is there while remaining equanimous and unaffected in every situation. This is vaikalpik kalchakra. This seems to me to be the main objective of Guptakaalchakra Sadhana.

Kundalini Shakti creates the universe, whatever it is said does not mean that it creates physical and gross celestial bodies like planets, stars etc. in space. Rather, it seems to make more sense that it is like the reproductive sexual power that gives birth to a child and creates the entire universe in the form of its body and mind. Although the first statement may also be indirectly true, because what is there in the universe the same is there inside the body, but the second statement appears to be directly, practically and clearly true.

Many people may say that sexual power is for increasing the progeny or lineage, where does Kundalini come from in it.

Man can derive any meaning from that power. If we want to know its real purpose then we should see the animals. They do not move according to their thinking or goals but more according to natural inspiration or instinct. The purpose of procreating offsprings is not in their mind regarding sexual intercourse. They are motivated to have sex only to expand their mind which is narrowed in the darkness of ignorance, that too when natural favorable circumstances motivate them for it, even then the desire for this does not arise in them automatically. A buffalo pair will be motivated to do this only when the buffalo is in estrus i.e. in heat which comes for one or two days in a month. Even that heat stops coming in the summer season. Other times, both will not have sexual intercourse even when they are together. Man is an evolved creature. He knows how to take advantage of natural laws. Tantrayogi is one step further. He lights a small flame in the darkness of the narrowed mind as a meditation image. Then he enhances it so much through sex-assisted yoga that it becomes awakened. This is Kundalini awakening. Now whether you call the mind constricted in the form of meditation picture as Kundalini or the mind constricted in darkness as kundalini. It is the same thing because the same darkness develops through meditation and becomes a meditation picture. The sexual power which gives it the strength to develop, resides in Muladhar i.e. the dark pool or pit or kunda, that is why it is named Kundalini. Meaning, Dhyanchitra got the name Kundalini only when it got the strength of sexual power i.e. semen power. Meaning the word Kundalini itself is tantric. The common man directly interacts with the narrowed mind in darkness or in countless small and sluggish thoughts, due to which that power gets distributed among countless thoughts. Through this he may get worldly expansion or progress, but he gets less benefits of awakening.

When Shakti enters the darkness of the pool of Muladhar, only then the living being gets attracted towards sexual intercourse. A person who always lives in the light of complete knowledge does not feel like having sex. I had a senior foodie and experienced friend who once told me that if I did not eat nonveg, how would I be able to have sex. I could

not accept that thing in my mind. Today I am able to understand the Tantra philosophy hidden in his words. Darkness is not created by eating and drinking alone. It is born out of attachment to worldly matters while remaining active. I think the structure of the body is such that as the darkness of the brain or mind increases, the power goes down. Highest or darkest darkness means that Shakti has gathered at Muladhara. It is the blood circulation that naturally keeps gathering downwards. After reaching the perineum, the energy then passes through the back and goes straight to the brain. When power reaches the perineum, it is natural that the sexual organs there will become active. Many exercises, physical activities and Yoga etc. give that power a chance to rise up through back. Many amplifies it at muladhara using Tantrik method and then raise the increased amount, and some even lower it to fall out. Due to the fall of Shakti, Shakti starts accumulating in Muladhara again, which takes more time than before. With good nutrition it accumulates quickly but it can also involve sinful activities. Also, energy is consumed by digestion and assimilation of nutrients causing net loss of life energy. Then it will be like this, running ahead and wide or coiled behind. These simple proverbs have very deep meanings. Chaud or coil means coil of Kundalini serpent. Meaning power sleeps in the form of darkness of sin, although it has been elevated by the power of that darkness itself. But I think that eating and drinking does not cause as much sin as we do through attachment behavior in the world. That is why Shiva, despite looking like a ghost, keeps roaming around looking cheerful, carefree and sinless. But what will happen when a man's mind or soul becomes so clean that there will be no darkness in it, of course, the power has gone to the Mooladhar. Perhaps then without sex his power would continue to roam like this. He will also have sexual ecstasy and an erection, but he will not be very motivated towards physical intercourse, because he will feel that it is a loss of power, no matter how careful one is. At the time of Shakti in Muladhar, an image of a sensual woman may appear in his mind, and at the time of Shakti in Sahasrara, an image of a Guru or a spiritual person or a loving man may appear in his mind. But he will remain unattached to both and will remain busy in his

work, due to which that power will continue to swing in him and he will always remain immersed in bliss.

When the energy goes to the base, there will be a lack of it in the brain, just like when rain water seeps into the ground, the surface pits filled with water will dry up. Due to this, there will definitely be some darkness in the mind, no matter how pure and perfect the person has become. In this corrupt world, no one can be so perfect whose mind is always filled with light. The light in the mind of a common worldly person exists only with the help of energy. Only a very rare saint can be a Sanyasi who has the light without physical energy. Still, complete illumination is possible only in the state of complete liberation, which is not possible while living in the body. How can one remain completely free from vices when associated with a vicious body? How can a person sitting in a bullock cart avoid hiccups? Those who maintain light in their mind without sexual intercourse, have mastered the sattvik techniques other than sexual intercourse, through which the energy of the mooladhara keeps rising up through the back. These are meditation on breath, meditation on body, meditation on present, meditation on chakras with simple or seed mantras, Vipassana, Devpuja etc. For example, meditating on the Bija Mantras on the Chakras opens the life force, opens the breath, increases the consciousness and the brightness of the mind's thoughts, increases the intellect, and exerts upward contraction force on the Muladhara. Whether the glow is inside or outside the body, it comes with energy only.

Mental darkness is also of two types. One is darkness caused by eating, drinking, physical labour, sleep, rest etc. There is a lot of energy in the body, but it is lacking in the mind, because the consciousness of the mind is suppressed due to violence, intoxication, sleep etc. and the illusion of worldly attachment accompanied afterwards with loneliness. The meaning is clear that when it is not in the brain, then it is concentrated in the realm of Muladhara. There are only two main areas of the body. One is of Sahasrar and the other is of Muladhar. If the energy is not in one realm then it is natural

that it will be in another realm. If the coin does not come up with head then only tail will come up, there is no other option. In such a situation, tantric sexual intercourse is beneficial. The second type of darkness is that in which there is lack of energy in the entire body. This is a condition like illness or depression or fatigue or weakness. That's why one doesn't feel like having sex. If one does, he may fall ill, because first of all, there is already a lack of energy in the body, and on top of that, one is also wasting energy in sexual intercourse. Everyone knows that water in the rooftop tank of the house helps in completing many tasks of life. But energy is also required to raise the water to the roof and there should also be water in the underground tank. If one runs the pump in a dry tank or at low voltage, the pump will definitely get damaged. By the way, there is also a saintly way of Tantric sexual intercourse, due to which minimum energy is consumed and maximum energy goes upwards. It is most important to have energy in the brain, because it controls the entire body. Even if the energy in the lower chakras, especially the bottom two chakras, is somewhat less, there is not much harm.

Many people can talk about how a thought-like creation is created from void of darkness. Darkness itself means subtle or latent or hidden creation. Darkness is not actually void as is often believed. The real zero for Buddhists means the Supreme God. Only two things are required for creation, darkness and power aka shakti i.e. energy. If there is no energy then darkness will not be able to express itself in the form of creation. It is only to express the darkness in the form of a living soul in the form of creation that it gets a body, which provides energy. It is a different matter whether he will be able to nullify that creation through the practice of Yoga or hide it in the same darkness or even more, through attachment to the world, he will convert himself into even greater darkness, for which he will have to take a new birth and a new body. One will get a new body according to your deeds. If good deeds are done then the human body will be found again which will again give the opportunity to bring the universe to zero. If the karma is bad, then by getting the body of an animal, the burden of darkness will be reduced to

some extent but it will not be reduced to zero, because animals cannot do yoga. Like this, I don't know when one will get the chance again. This is what Vedas say.

Scientists have proved through experiments that the same thing happens in the physical universe also. They found that everywhere in space those fundamental particles or waves are present in the form of quantum fluctuations which constitute the universe. Because they are so subtle and unmanifested, they are felt as darkness as they are not grasped. For example, dark energy, dark matter, all this is darkness. When they get energy from somewhere, their vibration starts increasing due to which the creation of the universe or physical substances starts. For thoughts, this energy is obtained from the body, but for the physical creation, where does it come from? There is no clarity and unanimity regarding this yet. Some say that the gravitational waves etc. which are created due to the collision of celestial bodies like black holes and other movements in space, provide that energy. Where there is more movement in space, more stars have been found to be formed. But it is not known from where the energy came for the first movement of space in the beginning of creation. The scriptures say that the sound of Om came from which the creation of the universe began. The sound of Om ॐ is a wave or movement of space. It is possible that it may have started the process of further movements and constructions. The question of where the energy for the movement in the form of OM sound came from remains unanswered. This is perhaps God's own unimaginable power, the answer to which cannot be found through science except Yoga. If there is no Shakti, then Shiva will remain dark like a dead body, both inside the individual body and also in the macro body in the form of physical creation.

Kundalini Shakti never sleeps

The Shakti in the body does all the work while remaining hidden. It digests food, makes the heart beat, and does countless other small and big functions of the body. She can't be sleeping. If she had slept, how could she have done so much work? Perhaps we call it sleeping because even when a man's body is in deep sleep, it continues to do innumerable tasks of life, otherwise would he not have died? It doesn't do just one thing, just generate conscious thoughts. Similarly, sleeping Shakti means that all the functions of the body are being carried out by it, but awakened thoughts are not being generated. This can be called a semi-dormant state because ordinary or vague thoughts are still arising. Light thoughts come to a person even during sleep in the form of dreams. To awaken Shakti means to bring it into its most expressed form and that is Kundalini awakening. Just as there can be countless levels of awakening of a man, but the real awakening is the one in which he is most expressed, which is Kundalini awakening. Other states can also be called sleep. It is mentioned many times in the scriptures that this world is like a dream. The ordinary life we are living is just a dream, meaning we are asleep. Real awakening is the state of Kundalini awakening. Below Sahasrara, there are all the pits, Mooladhar is the biggest pit. Because a little amount of energy leaks from other pits to Sahasrara, there is no complete darkness there. But when Kundalini is present in Mooladhara, it is most dark, because it is the farthest from Sahasrara. This movement of energy is of special importance in human being, because he walks while standing, and special strength is required to deliver blood high up to the brain. When there is a contraction of the muscles due to Shakti reaching the chakra through yoga or physical activity, then the consumption of nutrients increases there, which automatically increases the blood circulation there. That is why it is said that Shakti controls blood circulation. However, it appears directly controlling the speed of contraction and relaxation of muscles, thereby controlling blood circulation indirectly. This does not often appears happening in animals because their backs are straight. Because monkeys, langurs,

chimpanzees etc. also become quite upright, that is why they are also playful so that the Shakti keeps flowing and the blood circulation continues smoothly in the whole body.

According to physiology, not only nerve fibers control the body, but biochemicals called hormones also control them and the organs also have their own local control. But the nerves keep the entire body functioning smoothly. It has never been heard that in such and such a yogi, some organs were cured by Nadi Chalana, but there was no effect on other organs, especially the organs controlled by hormones. From this it also seems that nerve fibers are not called nadis. It is said that electrical energy flows in the nerve fibers and life energy or Shakti flows in the nadis. However, when there is movement in the chakras, the hormone producing cells will also become active and the local systems will also become active.

There are many similarities between Shakti and energy, but both are different. Energy is inanimate, whereas Shakti is conscious due to the presence of Shiva with it. Energy can be present in any inanimate thing or machine etc., but Shakti can be present only in a conscious being. The sex-based energy rising from the perineum through Kundalini Yoga is called Shakti because it feels like bliss of samadhi. In simple words, this strengthens the Samadhi picture or Kundalini picture. And in simple words it leads towards God. Because it provides energy to the brain, the energy suppressed in the subconscious mind gets destroyed by coming out or getting expressed. Although this also happens through physical activity, Shakti there also travels through the same path. Meaning that due to physical movement, Shakti keeps gathering on the perineum and keeps rising up through the back. That is why Kundalini Yoga is very beneficial for physically hard working people also.

Kundalini Tantra is the base of transcendental knowledge

A successful education policy is that students can choose any subject of their choice. A science student can pursue subjects like spirituality, music, yoga etc. and a student of spirituality can pursue science. This leads to complete development of the man and his hobbies are also fulfilled. While making fulfilling his hobby, he also studies his main subjects well. Nowadays the trend of such education policy is increasing. My profession is related to science but I fulfill my passion for spirituality through writing.

Someone asked a question on Quora whether the soul can think and evolve without the body. I said that absolutely this could happen. When I had an encounter with the spirit of my deceased relative, he said that he did not even feel that he had died. I also did not feel at all that that person had died a few days ago, rather it seemed as if he was clearly alive in front of me as before. It is a different matter that when I realized about his death with some old memories, he also disappeared at that very moment. Along with this it was asked by her whether that her very state itself was the ultimate state of liberation. First of all, if the disembodied soul did not have the power to think and understand, it would not have said such things or asked such things. Together, it wouldn't have disappeared immediately after getting the presumably satisfactory answer. This means that the disembodied soul has all the qualities of the physical mind and senses, and they function just as they do in the body. But not like the body. Meaning, all the work done by the senses is done by the invisible soul. It is heard, seen, thought etc. by the soul with the help of the soul. Perhaps the soul's experiences are felt directly only by connecting with another soul. That soul was connecting with my soul and asking something, but no one was visible to speak the words, nor were the words coming from anywhere outside. Words were felt but as deep and invisible as the soul. I was feeling his invisible soul along with his invisible words through my soul

and I too was not responding with any external physical words but my soul itself was conveying it to his soul in the form of words. I have described this in detail in an old post. I was feeling connected to that soul, hence she was sensing what I was thinking. The thinking was not ordinary but it was a deep thinking of the heart-soul. The soul gets the body so that it can experience the physical world directly through the body, without any expectation of connection with any other soul. It is possible that the soul can directly connect with physical objects and feel them, as can be seen from the incidents of haunted castle etc. However, this connection would be different and lesser than the connection with the physical body, because if there was a similar connection then why would the soul acquire a body full of sufferings and diseases. What the soul said that it did not feel as if died is correct because nothing dies. If someone says that only the body dies and not the soul, that too is wrong, because the body also does not die. In fact, the physical body also exists within the mind and not anywhere outside. How can the picture of the shape and size of the body which is settled in the mind be destroyed? Yes, this picture may sometimes become gross and sometimes subtle, but it is always there. Just as when a bulb in a room is extinguished, one feels deep darkness for a while, but then a little visibility starts appearing in the room, the same happens after death. The images of all the bodies we have had in our countless previous births are recorded in our subconscious mind, meaning none of our bodies have died till now. That's why I felt in the soul of that familiar person his entire previous resume, meaning his average appearance. His body of that birth was a small part of that subtle database. That is why I was able to recognize him completely because the imprint of that database is also on the present body. That form of his self was similar to the body of his birth and even more than that. Meaning that no one dies due to the destruction of the body but comes back to its original subtle form which other physical bodies cannot grasp. The subtle body is a complete body in itself. The physical body gets to provide it with physicality. Whatever the physical body can do, the subtle body can also do it. There may be difference in size and speed. Then it is said that after the death of a human being,

he can be reborn as the body of any living being. This also doesn't seem right. When no one has died then how can there be birth? The body also actually resides in the mind. Also, animals other than humans do not keep looking at their body or face etc. in the mirror. Meaning, they are not even aware of their appearance. They can only guess about themselves by looking at others like them, but they don't have that much brain. Inside him is the mind of the same person who was reborn in his form. What kind of rebirth is there when the mind has not changed?

That departed soul tried to establish contact with me several times. Many times during that time, fluid like from my stomach would come into my throat and I felt as if I was suffocating. Perhaps this was due to the rising of Kundalini Shakti in the Nadi. Then I would explain things to him lovingly and respectfully and ask him not to come again. It seemed as if that soul heard everything and agreed. In fact, to connect with other souls, deep yoga practice and perfectly healthy body is necessary, which is not always possible to do in ordinary life. Initially I used to practice Tantric Kundalini Yoga, which is probably why I got that power. Even Tantric Yoga practice cannot always be done in household life. It is possible that many souls remain attached to our body and keep taking information about the world, but we do not even realize it. I even feel that that spirit came to wake me up so that the oxygen level in my vital organs does not drop to dangerous levels. I sometimes had increased gastric reflux due to spondylitis inflammation. She was a charitable soul and was very friendly towards me, right from her lifetime.

The existence of the subtle body has also been considered in the scriptures. It contains the mind, intellect, all the vital forces and all the senses. Meaning, it can do all the work and enjoy all the fruits like the physical body, but in a subtle form. This means that there is a micro world that is much more extensive than the macro world, in which everything happens like the macro world, but in a micro form. Only great Tantra Yogis realize it.

Kundalini yoga meditation makes a person a believer

Friends, I was recently reading a blogpost that I liked. However, I did not get any response to my comment. It was written in it that only Hindu religion is theistic religion, all others are atheists. The Sanskrit word Aastik is derived from the word 'Asti', which means 'is'. Meaning, the one who believes only in 'Is' i.e. existence without name and form, is a theist. 'Na Asti i.e. Naasti' means 'does not exist'. One who believes in 'nothing' is an atheist. Anyway, name and form do not exist. Ice forms water, water forms steam, steam forms clouds and water forms again. Despite changing so many names and forms, everything remains water. If we continue this tradition of cause and effect from back to back, everything becomes finer and finer, and in the end only the sky is left. Meaning everything is sky or void or soul form. Void is not void of absence or darkness but void of indescribable form. That is why Hinduism seems escapist, but in reality it is not so. The real believer is not the one who completely rejects name and form. Rather, the real theist is the one who considers the true and real existence to be higher than the false and fake existence in the form of name. If we do not accept name and form at all, then how will worldly life run and how will human civilization develop? In such a situation, everyone will become like detached monks. The whole science is dependent on name and form. If you don't give a name or form to a thing then you will not be able to understand it and how will you be able to control it. Science will not be possible without accepting name and form. On the other hand, other religions are also not completely atheistic. The real atheist is not one who believes only in name and form and denies pure existence. Rather, the real atheist is the one who gives more importance to the existence of name and form than the pure and real existence. While accepting the existence of name and form, pure existence itself comes to be accepted, because 'is' seems to be with everyone. The existence of pure 'is' and the existence of name and form are dependent on each other, and both co-exist with each other. They cannot remain

separate from each other. The difference is who is given more importance in the mind. Meaning, the difference is only in the perception of the mind. The worldly life of a theist is the same as that of an atheist. The difference lies in the ideology or perception of the mind of both. Just by changing the perception of the mind, adverse effects like heaven and hell are created. It means clearly that no one can be a complete theist or a complete atheist. In behaviour, everyone is of mixed nature. Various theological scriptures have been created only to keep the mind's perception theistic. Spirituality only improves the perception of the mind. Worldliness will work only through science. Formation and improvement of mental perception is a natural tendency, just as man himself gets drawn towards the experience of happiness. I don't see much contribution of religion in this. Religion does not teach man which situation is pleasant, rather man learns it himself from his own experience. Anyway, human psychology is very complex and diverse. No such general rule can be made in this regard, as is made for inanimate objects like general rules like gravity etc. Here, every person's mind is unique in itself, for which the rules should also be unique. Yes, a religious book can declare a general principle for everyone, but that too should be unanimous and scientifically or spiritually proven. Although there may be human exceptions to that too. Man has to take worldly practical steps himself according to time and circumstances. Meaning everything cannot be written or told. That is why people of all types of beliefs will be found in every religion. Yes, proportion can vary due to different reasons. For example, the Yaksha asked Yudhishtira what was the greatest wonder of the world. To this Yudhishtira replied that people die every day, but despite seeing this, living people think that they will never die. There is no bigger surprise than this. Yaksha was satisfied with this answer. A person with positive perception will take this story in such a way that even while living life with full enthusiasm, a person should always remember that someday his life will end, hence one should not be attached to life. Meaning, do not be attached to name and form, that is, while handling worldly affairs according to the time and place, adopt theistic belief, not atheistic belief. But a person with negative thoughts will

take it as if there is nothing left in life, hence one should always remain as if dead. Completely give up the worldly world full of name and form and become a staunch believer. Dharmashastra had written a good story from its side, but how did its author know that many people might misinterpret it. Similarly, Guru can also explain only general rules and principles from his life experience, even he cannot follow every step.

Holding the breath for a few moments and then taking long deep breaths brings more attention to the pure existence of thoughts, and less to their nominal diversity. If Kundalini Shakti is also combined with that Pranayama, then the effect increases manifold, because it gives more strength to the revelation of suppressed thoughts, due to which theism becomes more effective. With Tantric power the effect increases further many times more. With fast and shallow breathing, thoughts keep changing continuously with the breath. Due to this, attention is focused only on their superficial names and there is no time to go into their depth. But when the breath is slow, long or stopped, then the same thought of the mind remains till the breath stops or till the completion of one breath or for many consecutive breaths. Due to this, those thoughts feel as if rise from, grow and merge into soul repeatedly. The word Om ॐ also reflects the same process, in which the letters A, U and Ma represent birth, growth, stopping and dissolution respectively. Om is the seed mantra of Sahasrara because the entire universe keeps on arising, growing and dissolving in the form of thoughts in the mind itself. The two sharp curves or rings on the two sides of this letter ॐ are three-dimensional, but appear two-dimensional on paper. The ring on the left curves to the other side along the curvature of the left brain, and the curvature on the right covers the posterior side of the right brain. Meaning the entire brain is covered with Om. The lunar dot above it is the Sahasrara Chakra point. From this we realize that the names and forms were false, the real form of thoughts is like the void sky or soul, that is, only the existence without names and forms is real, from where they appear to be born and also appear to merge into it. Thoughts

change quickly due to fast and shallow breathing. Therefore neither do we see them being born from the void soul nor do we see them merging into the void soul. This makes them visible to us truthfully. We think that the old idea that has now been replaced by the new idea is true, and our brain itself has taken hold of the new idea in its place. Anyway, it is difficult to pay attention to shallow fast breaths.

The meaning is clear that Kundalini Yoga helps in becoming a believer. One of the reasons for this is that during Kundalini Yoga, by maintaining focus on the breath and body, one does not pay much attention to the name and form of thoughts and only their existence remains aware. This is like the practice of witnessing, meaning we are watching them like a witness. And are not affected by them. Additionally, the body remains in a fixed posture during yoga asanas, and resists reaction or movement according to thoughts. Even with this the nominalization of thoughts does not become effective.

The handle of thoughts is breath. This is because thoughts move in sync with the breath. It is very difficult to capture thoughts without breathing. Watching the breath means watching the thoughts, meaning witnessing. When we are not watching the breath, we are not watching the thoughts either. At that time we ourselves become thoughts. When we are not watching the breath, we ourselves become the breath. No one can see oneself. If seen, it goes to someone else only. Meaning then there is no witnessing. There can be only two feelings, either spectator feeling or visual feeling. If the viewer does not have the feeling of being a spectator then the visual feeling is created automatically. Meaning, the viewer doesn't remain detached from the scene but becomes the scene itself. This can happen to a father while watching his son playing in the field. If there is spectator sentiment then there cannot be visual sentiment. Both feelings cannot live together. It is a characteristic of the spectator's feeling that he is not affected by the joys and sorrows of the scene. If a man is being influenced by his thoughts, it means that he does not have a spectator or witness attitude towards his visible thoughts but has a visual or self-conscious attitude. If

thoughts are considered as the form of self then it is knowledge, but if the self i.e. man becomes the form of thoughts then it is ignorance.

In this matter, I liked the words of a Tibetan Buddhist yogi that pay attention to the breath as well as the thoughts, that is, leave the thoughts open, only then meditation takes place. Meaning, neither suppress thoughts nor ignore them. When the attention remains on the breath or keeps going there intermittently, then the attachment to them will automatically reduce and the feeling of being a spectator towards them will arise.

Perhaps what is often thought that the uniform darkness of lifelessness is devoid of name and form is wrong. In fact, in the form of that darkness, the worldly thoughts in the form of name are located in a subtle form, which when given a chance, appear again in a gross form. The real existence without name and form is that of the completely pure soul i.e. God, which is indescribable. However, it is attained only from the world of name and form, because it resides in every particle.

It is written in the scriptures that darkness of lifelessness does not actually exist. We feel it due to the illusion created by worldly attachment. This is the same illusion as after spinning on a circular wheel, after getting out of it, all the things around it also appear to be rotating for some time. The faster or the longer we move around, the faster and longer we feel the things moving around. Similarly, whatever kind of worldly life will happen, the darkness of lifelessness that follows will also be felt in the same way. This is called the subtle body. Then just as the feeling of spinning ends after some time itself, similarly the darkness of the subtle body should also disappear after some time. Meaning man himself should become free after death. But this is not written anywhere in the scriptures. Logically, it seems that just as a man returns to his previous worldly state after the false feeling of wandering, in the same way, after the illusion of lifelessness, a man should re-enter his old worldly life, that is,

he should be reborn. But the one who has previously experienced complete liberation or awakening, perhaps he goes back to his previous liberated state, that is, he becomes free. Still, this seems to be somewhat scriptural.

The more massive a black hole is, the more light it swallows and the more darkness it creates inside itself. The information about its original star would be stored in it in the form of the same virtual darkness. It is possible that after some time that darkness will be born again in the form of a similar star. Scientists call this the release of energy through the white hole to another unknown universe. Whereas those stars which are of lesser weight, their destruction leads to darkness for a short period of time, and they merge into the infinite sky full of infinite energy, meaning they become free. They must be like our ascetics and recluses, who keep their worldliness light.

Kundalini Yoga's Ida-Pingla as the erectus spinae muscle and Sushumna Nadi as the spinal cord

Friends, many times I feel that some important thing is being hidden or is not being discovered. It is being said that Naadis are subtle pathways which have no physical existence, but this is not possible. Whatever experience you take, it definitely has a corresponding physical existence. No matter how subtle any emotion, behavior, thinking, etc. are, they definitely have a physical form in the brain or body. Without physical expression there is only a bodyless soul. However, it also contains coded data of physical experiences of past lives in subtle or latent form. Then when a line of light is felt in the Sushumna, it must definitely have some corresponding physical form that generates it. It is the spinal chord. I think that the erectus spinae muscles that run from the sacrum to the skull, on either side of the spine, provide physical expression to ida and pingala. However, such a rope-like muscle can be felt only when touched, especially in the lower part of the body up to the sacrum. Generally, one feels a upward surge of energy or enthusiasm in some left or right part of the body, like yawning. It seems as if it is disappearing into the sink of Ajnachakra point. The skin on the forehead or face seems to be pulled in the direction in which the energy is flowing. When I touch these two main muscle bands, they feel like tight ropes. Both sides of the spinae muscle sometimes become tight and sometimes loose. When it is tight, mainly happening with muladhara tucking, it seems that some inner pleasure sensation has gone up through it and due to this the energy pressure of the perineal organ has reduced. Looking at the anatomy, they are spread out in the back just like I feel. These begin around the sacrum. First they are a little less wide, while going up, they are less spread at the level of the navel and are wider at the level of the heart and become less wide at the base of the skull and get connected to the skull by turning on both

sides. Science also says that just as chemical sensation flows in the nerves, it also flows in the muscles. It may be that it flows faster in or easier in the muscles, that is why the sensation of the perineum does not go through the spinal cord and passes through these two muscles which are called Ida and Pingala. You imagine that there are three parallel pipes. There is a thin pipe in the middle and a thick pipe on either side. If you leave the left pipe completely open and close the right pipe completely, all the water will pass through the left pipe. If you leave the right pipe completely open and close the left pipe completely, all the water will pass through the right pipe. If you leave both of them half open then the excess water will flow towards the other side pipe and during this time it will also pass through the middle pipe. Only the remaining water will reach the other pipe. Perhaps the same thing happens when Ida and Pingala are activated together. Meaning, the sensation also starts flowing through the Sushumna. Both the pipes cannot be kept fully open simultaneously because there is not that much water. Meaning, the more you close one nadi, the more the other nadi will open. I feel that when the sensation of the perineum goes up, sometimes the stretched muscle on the left side becomes taut and feels like a rope and sometimes the one on the right side. When both are equally and lightly stretched, it seems as if some sensation goes up through inside the spinal cord too. That's why then one feels a different and special balanced bliss and freshness.

Kundalini based cleaning techniques of Hatha Yoga do not mean to clean

Friends, there are many techniques in Hatha Yoga. In Shank Prakshalan, so much water is drunk that the bowel is completely cleaned. In yogic vomiting, the drunk water is pulled back from the stomach and out through the mouth. In Jal Neti, water is drunk from one nostril and taken out through the other nostril. The water in all should be lukewarm and slightly salty. In common language these actions are called cleaning actions, but in reality it is not so. Dirty things are cleaned. Our body is not dirty at all. Removing mucus is called cleansing, but a healthy person produces healthy mucus, which has many benefits for the body. Its coming out should not be called cleansing of the body. Saying this, one does not feel like doing these yogic activities. It seems that we were dirty before and are now being cleaned. I think that the meditation benefit that seems to be gained by taking them out is not from their coming out, but in its absence, from the touch of environmental substances with various body parts. This is a kind of effect like acupuncture. When the inner surface of the stomach and intestines becomes bare due to the expulsion of mucus, then the touch of water and food etc. on it works as acupuncture. Due to this, the Nadi sensation from their surface reaches the brain and activates it. Similarly, due to mucus coming out from inside the nose, the touch of air on its inner bare surface creates acupuncture. Such acu points or Marma points (Sanskrit word for acupoints) are described on the outer surface of the body, but not anywhere on the inner surface. I think this also needs research. Naturally, even after vomiting, diarrhea or cold, one experiences similar freshness and a type of Kundalini samadhi. Probably, these healthy and artificial cleaning techniques have been created by copying them. Perhaps they have been called cleaning because such physical reactions at the time of illness help in cleaning. Because through these activities one feels samadhi i.e. purity of mind, perhaps this might have been confused with the

purity of body, because mind and body are interconnected. Because perhaps such diseases arise to give the mind the benefit of samadhi, that is why it would be said that these activities do not let diseases to overcome the body defence. Therefore, in a healthy body their name should be Mind cleaning activities.

Similarly, there is a need for systematic research on Nadi also. If the form of Nadis were only so-called non-physical and subtle, then the Ayurvedic physicians would not have examined the Nadis by holding the wrist of the hand. Of course, we cannot experience the pulse or nerve directly, but we can definitely experience its physical and experiential effects. Its effect on the muscles is in the form of vibration, contraction etc. and its effect on the brain is in the form of thoughts. What is more, the physical functions which we consider to be happening without Nadis i.e. nerves and only under the influence of hormones, are also indirectly done by the influence of these. The hormone or enzymes producing cells are squeezed like a lemon by the power of nerves, due to which these biochemicals come out from inside them. I feel that the electrical line which is felt in the form of Sushumna Nadi from the perineum to the brain, is the vibration of the same which is felt in the form of a line due to the hyperactivity of the spinal cord. It creates vibrations in the form of a line in the spinal cord, and in the brain it is expressed in the form of a very clear, lively and stable mental picture, which is called Samadhi. From these things it seems that the experiential and physical effect of a nerve is called Nadi. Nerve fiber is a physical structure of the physical body, which helps in the transmission of messages in the body. If Nadi transmission is considered completely immaterial or miraculous, the disadvantage would be that man would become indifferent towards the healthy maintenance of his body. He will think that Nadi will become active only with special Sadhana. What happens is that one feels like doing sadhana only when one has a healthy body, and it is successful only with a healthy body.

Audiobooks for studying the Spirituality

Audiobooks are a boon for those who cannot read for some or that reason. Many may have vision problems, many do not have time to sit, many cannot always carry books with them, many spend most of their time in buses, cars, trains, and many feel reading books like boring. Nowadays Google's Text to Speech AI has created a revolution in the field of audio books. While it used to take months and years to create an audio book, it was very expensive, resources were not available, and even if they were, it was a lot of trouble, whereas Google's Auto Narration service can produce hundreds of audiobooks simultaneously within two hours.

Since listening to spiritual texts in the form of stories was considered the best way to gain spiritual knowledge, it follows that in the form of audiobooks it can be more interesting and resonate better. However, do not forget to listen responsibly mainly with earphones as too long hearing may cause temporary or permanent hearing loss. As per WHO, up to maximum of one hour daily listening with earphone is recommended. Sound more than 60 decibels can be damaging.

There is a web page of free audio books on this website, the link of which is given below, so that the interested people can acquire the unique knowledge about the country and the world effortlessly and with entertainment. These can be listened to by installing Google Play Book app from Play Store on Android phone.

<https://demystifyingkundalini.com/audiobooks/>

Kundalini versus Investment

Yoga

Friends, Kundalini Yoga and investment seem to be opposite subjects to each other, but there is also a deep connection between them. Just as a man wants to get maximum profit immediately with a short-term investment, Similarly, with Kundalini Yoga also, but both are accomplished with long-term practice. Just as investment fails due to uncontrolled mind, similarly Yoga can also fail due to uncontrolled mind. For example, due to greed, a person can invest more in the wrong company. Similarly, in the greed for more yoga benefits, a person can do yoga in the wrong way or beyond the tolerance limit of the body. There can be loss in both the situations. Just as investing without adequate information can result in losses, similarly practising Yoga without basic information and etiquettes can also result in minor losses. Just as long term investments bear fruit after a long time, so does Kundalini Yoga. Just as short term investment can be successful very quickly only with proper information, time, power and good opportunity, in the same way Tantric Kundalini Yoga also proves fruitful very quickly only if done with adequate knowledge, time, power and good opportunity. Just as if a short-term investment is not always successful, and a person can lose his capital and become a pauper, in the same way, if Tantric Yoga is not successful, a person's old bodily power can also get weakened. Just as successful short-term investment takes a lot of man's money at stake and returns even more money in the form of profit, similarly successful Tantric Kundalini Yoga also takes a man's more power at stake and returns it amplified in the form of Kundalini awakening. Just as in short term trading the risk is also high despite the potential for high profits, so too is the case with Tantric Kundalini Yoga. Just as money gradually increases money, similarly the practice of yoga also gradually increases yoga. Just as wrongly spent money is destroyed, similarly wrongly used yoga power is destroyed. Just as money invested in the right direction keeps on increasing, similarly the power of yoga invested in the right direction keeps on increasing. Just as increased wealth helps in

increasing itself by forcing one to perform religious activities and with this also helps in attaining God, in the same way, increased Kundalini Yoga also helps in increasing itself by forcing one to perform religious activities and in this way also helps in attaining God. Just as the desire for more money makes a man do all kinds of good and bad deeds, in the same way the desire for more Yoga-happiness i.e. perfection i.e. God makes a man do all kinds of deeds. Just as a person does innumerable deceitful things to attain wealth, in the same way many people do sinful Panchamakara type meditation or work to attain the best Tantrik Yoga. Just as growth of wealth is the main goal of life, similarly growth of yoga and happiness is also the main goal of life. Just as money increases by investing in good companies, similarly by sharing the knowledge of Yoga among deserving people, Yoga increases. Just like investing money in a bad company leads to loss of money, in the same way, sharing the knowledge of yoga among undeserving and negative people can also lead to loss of yoga. Just as moving away from everyone else and investing by one with his own personal understanding and style increases his wealth, in the same way, tailoring yoga to one's needs can also increase his Yoga benefits exponentially. Just as money neither belongs to anyone nor it has enmity to anyone, but its purpose depends on the person who uses it, in the same way, someone can do good deeds through Yoga, and someone can do bad deeds like Tantric black rituals through Tantra Yoga. Yoga itself has nothing to do with these. Just as the common people increase the wealth in the treasury by paying taxes, but only a few people can claim their rights on it, not all, similarly all the gentlemen have a hand in creating a yogic environment, but only a select few people have the facilities of a yogi, not all. Just as the common worldly man attains satisfaction and happiness in his silence, similarly the common gentleman attains his true Yogananda within his own mind by staying away from the desire for fame etc.

Kundalini Yoga with Ragas

Friends, classical music based raga is an excellent example of ancient Indian tradition. and Kundalini Yoga. Both make the body and mind stress free. Controls blood pressure. Helps in concentrating. Actually, the basis of Ragas is Kundalini Yoga. Like “Wake up, wake up Mohan Pyare, Bhor Bhai, let your darshan come to Jogi Jangam, Jati, Niranjan” etc. Here dawn or Bhor means the growth of abundant sattoguna within the mind of Kundalini Yogi. Mohan Here is the Kundalini meditation picture. Mohan’s awakening here is Kundalini awakening. Ragas help in holding the breath for a longer period during yoga because in a raga, the same tune is prolonged by holding the breath for a longer period. In common songs, the lyrics and tune keep changing frequently due to which the attention becomes difficult to concentrate. People say that melody brings sleep. Actually, ragas calm the mind. In times of mental fatigue and restlessness, by listening to a raga, the breathing becomes deep and slow due to which the mind feels completely healthy. When the practice of yoga helps in singing a raga, then why can’t listening and singing a raga help in yoga, because in both the practice of breathing i.e. Pranayama contributes. Listening to the raga according to the time of the day freshens the mood. One such app that I like is Ragya. I am not doing any promotion. In this, ragas keep playing continuously according to the time of the day and innumerable ragas come in change. Earlier I used Saregama app but due to some bug in it, it forgot my 3 months subscription, which could not be recovered even from customer care. During yoga, listening to a raga does not reveal the thoughts suppressed in the mind because the power of the brain remains engaged in listening to the raga. Perhaps those suppressed thoughts keep getting destroyed, but without erupting outside, that is, silently. Perhaps what we consider expression of thoughts to be the process of destruction of thoughts, may actually be a way of keeping thoughts alive. How can a habit be destroyed by repeating it again and again? A habit will be destroyed only if it is not repeated. Similarly, how will the above thought be destroyed by repeatedly expressing it? It will be destroyed

only when the power of that thought is used in some other good thought or feeling. Perhaps this is what happens with ragas. The power generated by Yoga does not get absorbed in the dormant thoughts but gets absorbed in the raga music, due to which the thoughts and feelings associated with spiritual sanskars get strengthened, and the useless and suppressed thoughts of the previous life get destroyed. This is the middle way of manifesting the dormant thoughts in a light form and giving their power to the new Kundalini thought, so that the power of those thoughts can also be extracted and they cannot become material or material like after being expressed violently. If dormant thoughts do not emerge from the mind at all, their power will not be extracted. Similarly, even if they emerge too much, there will be no power left to draw from them. The basic theme of ragas is spiritual or yogic. Along with Ragas are in Surtaal means they are in rhythm. Therefore they are good for the mind. Among these, natural and simple instruments with beautiful sound like drum, dholki, sitar, flute etc. sound very dear to the ears. Which are better than the so-called modern deafening musical instruments, especially for yogis and blissful lifestyle. I find ragas tantric. Just as through Kundalini Tantra the so-called trivial worldliness is transformed into sublime spiritual practice, similarly through Raga too. The love relationship between a lover and his or her beloved usually seems to be physical, but when it is connected to a raga, it becomes sophisticated and spiritual. Similarly, take any worldly subject, Raga passion purifies it. Therefore, if we call Raaga musical laundering, it would not be an exaggeration. If we observe its basic principle in depth, only Kundalini is visible. Ragas improve breathing and body movements, because both are interconnected. Due to this, the Kundalini Shakti becomes active, due to which the Kundalini picture starts residing continuously in the mind. Due to this, the Kundalini picture remains connected with all thoughts, feelings and actions. Due to this, even after being immersed in a world full of duality, a feeling of perfect non-duality remains in the mind. This non-dual feeling purifies everyone. One special thing about ragas is that even if their words or lyrics are not understood, they still provide yoga benefits through their way of speaking and music. Anyway,

there are not many words in them. Even on a single sentence or word, an entire raga of one hour is formed. For example, "Saavre se man laga, mori mae", is a forty-five minute Khayal-based melodious raga on two or four lyrics like this. It seems that ragas are emotion based rather than word based.

Kundalini Yoga makes Piharava means husband return home

Friends, just look at the Raga Megh based raga named “Piharva Azhu Na Aaye”. In this the woman is waiting for her husband to return. She says feeling scared. Dark clouds have gathered, lightning is flashing. Rain drops have also started falling. The husband has settled abroad and has not yet returned. This is a spiritual story only, not a physical one. Here the wife is the soul, the husband is God. God is far away i.e. abroad. Sometimes both were together, but with time they separated. Black clouds mean darkness of ignorance looks scary. If lightning is flashing, it means that sadness producing thoughts like lust, anger, etc. are running in the mind. Just as lightning can kill a man, so too can unresolved lust. Meaning that lust can cause a man to be reborn. And it is self-evident that a living being will be reborn only if it first dies. Rain drops have started falling, which means tears have also started falling from the eyes due to sadness.

This is the real movement and picture of the soul, which is depicted in the raga. This is a scientific fact, not a fantasy. This is spiritual psychology. This is also similar in the physical life too. In fact, when the head of the family reaches home, there is light all around. Dark defects like disappointment, sadness, hopelessness, lack etc. disappear for some time. Meaning, ragas have double meanings. Those who make and sing them must be no less than saints. On similar lines, Kundalini Yogis also strengthen the picture of Guru, God etc. in their mind, which is like the hope of husband coming home. While remembered, he may even return home in the form of Kundalini awakening. Further, it depends on the kundalini yogi whether he is able to keep him tied to the home through regular sadhana or gives him a chance to go far away and abroad again through uncontrolled behavior.

Similarly, “Aajhun na aaye piya, aali (friend) mori, woh na aaye, tum/piya bin Raina katar na, aajhun na aaye piya”. This raga is in Khayal, sung by Adrij Basu. This raga is about a

quarter of an hour long, and the same lyrics are used with ups and downs throughout the raga. In the last five-ten minutes, there are some words of Shiva praise like “Salalal Hilat/kilat Ganga, Jatajut Vyal (Serpent)”. This also proves that most of the ragas are based on the same theme of Kundalini Yoga. Very beautifully sung raga. In this, every effort has been made to prolong a single breath and to give deep ups and downs to the note associated with it.

Kundalini Yoga gives man the power to become invisible

Friends, in Shiva Purana, Shiva tells Parvati the way to become immortal and free by defeating Kaal means time. He says there are three ways of meditation. Meditation on sky means Anahata Naad, meditation on air means pranayam and meditation on fire means meditation on Ajna Chakra point, in the form of sun, luminous deity images etc. It is worth noting here that this description comes after the description in which so-called strange symptoms of death have been described. Such as death due to continuous twitching of the left limb for several days or attack by vultures as a symptom of death etc. However, Shiva has also clearly said that he is describing this only for the welfare of the people and to increase feelings of renunciation among them. The meaning is clear that this effort is to create fear of death so that people can quickly overcome death by taking the help of yoga etc. As a result of the description of Yoga that follows, the so-called transcendental achievements have also been described only to create attraction towards Yoga. Meaning, on one hand, imaginary fear of death has been created and on the other hand, imaginary achievements of Yoga have been shown. Imaginary means having double meaning, not pure imaginary. For example, Yogi becoming invisible. It does not happen that the body of a Yogi is not visible to anyone. This means that due to Kundalini Yoga, he becomes so calm, neutral and situated in his own self that even in a crowd of people, no attention is paid to him. I have a Yogi friend. He had been living among the people of an

unfamiliar type society for ten years. But the people of that society did not know about him. Spies are also like this.

Can Kundalini Yoga make one fly?

Friends, many things in the Puranas do not appear to be true in physical form, but they provide benefits to people, that is, they move them forward on the path of spirituality. Of course with the side effect that they can also be physically disorienting. The proof of my point is that the scriptures themselves have said that speak the truth but do not speak the bitter truth, meaning clearly that whatever brings sweetness in people's lives i.e. spiritual development, but is undoubtedly like a lie or having double meaning, speak it. For example, in the scriptures, the faults of women are mentioned somewhere, so that there is no excessive sexual feeling or lust towards women, as is often the case, because excess is bad everywhere. In one such story, a woman of bad character and engaged in prostitution tells about this when asked by Shri Narad. She leaves no stone unturned in highlighting the shamelessness of women, which further strengthens Narad's hatred towards women in his mind. He was a sannyasi and wanted to hear the same so that he could raise his harp of renunciation even higher. It is possible, that woman may have considered all women to be equal to herself. To a thief everyone seems to be a thief. Similarly, there is often low value for freebies. That is why there are many descriptions in Hindu religion that taking donations by Brahmins or Babas is acceptable. Of course, it is said in the scriptures that whatever is received without asking or demanding for it, a Brahmin should accept it. Also, in the scriptures it is said that by donating various things to Brahmins, one can get various worldly and transcendental fruits. This too is also a demand, of course with discipline, sociability and cleverness, but there have been many misuses of it too. It is my own experience that giving donations to a deserving Brahmin gives such results, but these have been greatly exaggerated. The simple thing is that real Brahmins remain ready to attain Brahmagyan or have attained it. It is possible that by donating to them one gets the fruit of Brahmagyan. Helping a reader inspires reading, helping a singer inspires singing, and helping

someone with spiritual knowledge inspires one to attain spiritual knowledge. Simple. Brahma has been found, means everything has been found. Now, whatever you can imagine equivalent to attaining Brahm, like getting the ownership of the infinite universe, getting the position of the king of heaven, getting the entire kingdom or getting the position of Lord Vishnu etc. etc., that all is okay. There is no end to such fantasies. But I like sharing knowledge by a Karmayogi the most. A Karma Yogi does not need to take donations or anything else in return because he has already received enough through his Karma Yoga. Raja Janak is the biggest example of this, who along with being a honoured king was also a supreme yogi. Similarly, most of the supernatural achievements also seem like white lies or sweet lies. If Yogis had so many supernatural powers, our nation would never have been under the trap of enemies or never have been in poverty. Here every person was a yogi. If the Yogis had the ability to travel through the sky or through the air, they would have flown over the enemy armies and destroyed them from the sky itself. In reality, this accomplishment is symbolic and experiential, not physical or real. The yogi keeps moving air in and out of the body all the time with full attention and rhythm, like a fish living in water moves water. When a fish doing this is seen moving in the water, similarly, a yogi doing the same but with the air can be understood as moving in the air or in the sky. It is possible that such an experience may occur in advanced yoga practice, but it will not be that he will start flying in the air. I also have many dreams that I am flying in the sky like a bird. It feels like a real flight, brother, and it is a lot of fun too. One feels as if such flight was possible even while awake, but it is not so. This experience occurs due to the effect of yoga and pranayam. But these experiences also have the disadvantage that most people consider them to be everything and start deviating from the main goal of awakening.

Kundalini Yoga transforms the ego

Friends, it has been said in the scriptures that one can attain Anima Siddhi through Yoga. Anima is derived from the word Anu, which means subtle. Therefore Anima Siddhi means the accomplishment of becoming a subtle form. But I think most of the people understood it in such a way that it would have reduced the body size of a person from 6 feet to 6 inches or a person weighing 60 kg would have been reduced to 5 kg. But this is not possible. On the basis of experience, it comes out that due to Kundalini Yoga, man's ego becomes so weak that he gets into the habit of living in harmony even with creatures smaller in size than him. This means that he becomes as small as them. After attaining enlightenment, the yogi establishes contact with subtle spirits like soil, water, air, sky etc. Meaning he becomes the most subtle. A similar Yoga Siddhi is Garima Siddhi, which is the exact opposite of Anima. Meaning, with this a man can become as big as a mountain. We should not understand these in physical perspective. Because it is impossible for this to happen. This means that he rises above or becomes equal to people with great power or great ego such as great industrialists, rich people, leaders, artists, presidents and kings or even above the gods like Brahma etc. Means he becomes the biggest or heaviest. The ego being subtle or destroyed does not mean that the existence of the Yogi does not remain, or that the existence becomes smaller. This is not a situation like deprivation or death. This means transformation of ego feeling into non-dual feeling. This is the transformation of ego feeling into Kundalini feeling. This is the transformation of ego feeling into Samadhi or meditation feeling. This is the transformation of ego or self feeling into divine feeling. One who is established in the sense of God, becomes established in the form of all things, because even in the form of the smallest thing, God is there, and even in the form of the biggest thing, God is there. This is the anima or laghima and garima Siddhis. Ego is the basic nature of consciousness. Without this, life and consciousness are not possible. What people do is that they try to kill the ego,

because of which their consciousness also dies, and they become inert. It is true that false ego tied to ignorance is harmful, but the absence of ego can be even more harmful. Therefore it is important to adopt the middle path. Meaning, there may be ego, but it is tied to true knowledge. Therefore, poor ego should be transformed into good ego. This great ego resides with Advaita. It accepts the feelings of an ant in the same way as it accepts the feelings of an elephant. It accepts even a particle of soil with the same respect as it accepts a mountain. It accepts a poor person with the same egoism as it accepts a king. These are Anima, Laghima and Garima. But there is a catch here. We do not have to forcefully create such pure egoism, rather we have to create so much power through Kundalini Yoga that it arises on its own. I feel that if we create it through drama, we will continue to act in drama all our life and will not be able to reach the real Kundalini Yoga. This is a completely simple and practical experience. Writing too much only creates confusion. Actually, words are not available to write like this, hence mainstream words like ego have to be used. Many times people misunderstand them. Someone may say that ego has been said everywhere to be abandoned, but we are talking about adopting it. But they might not be understanding the basic meaning of this. In fact, when the ego becomes impure to pure, then it gets converted from aggressive to calm and extroverted to introverted or meditative. It is difficult to directly create a pure ego, but it is easy to transform an impure ego into a pure ego. Just as worldliness is flourished more by impure ego, similarly spirituality and Kundalini Yoga is flourished more by pure ego. Similarly, writing well does not make a thing true. For example, in the Puranas, many things that seem conservative and unscientific have been written in very beautiful verses. A lot of hard work has gone into creating those verses. But this does not make them logical or scientific. It may be so indirectly, but ignoring what is clearly visible, how can one live on the basis of faith alone. The biggest evidence is considered direct. The proofs like guess, belief in the spoken word etc. are less than the direct evidence. Yes, if no direct harm is visible from them, then other evidence can be taken. The obvious cannot be ignored.

If there is direct harm from it, then it can also be understood that it is not the truth in physical form, but an attempt is being made to explain some spiritual aspect from it in the form of a metaphor. But not everyone thinks so. Many people start taking them as true literally. If non-dual belief somehow persists along with the impure ego, then its transformation into pure ego becomes easier.

Actually, with such verses, the right part of the brain becomes active, which becomes dormant due to becoming too logical and scientific. For awakening, it is necessary for both parts of the brain to remain equally active. With so much effort, such beautiful and grammatically correct verses cannot be composed even on imaginary matters. They definitely have some purpose. If the aim was to earn money or gain fame from these, then they could have been made on logical and secular facts also. Meaning that there may be a hidden meaning in them which is not visible on the surface. Meaning that if only their superficial meaning is considered to be completely true in physical form, then man can become a fool. If these are understood more true as fiction and less true as a physical base, then the right brain will become more active. If the imaginary story is also considered true and its basic scientific fact is also considered true, then both parts of the brain will become active simultaneously. Perhaps this is the aim of mythologies and this blog.

Kundalini Yoga is a bot remover eScanner app that scans, makes malware-free, virus-free, and updates smartphone software

The information we collect from the world becomes our ego and continues to grow it. Ego is like a software, which runs the smartphone in the form of our life. It cannot be destroyed. A smartphone without software is like a dead person. Just as software can be updated and made malware free, so too can the ego. Just as a smartphone gets infected

with malware while working, similarly the ego also gets polluted by worldly behaviour. Just like the phone has to be updated continuously, similarly the ego also has to be continuously purified through spiritual practice etc. Accepting ego as truth is the impurity of ego. When the ego starts appearing unreal through non-dual practice like physiology philosophy aka Sharirvigyan Darshan etc., then it starts getting purified with the feeling of joy and peace. As it gets purified, it starts transforming into Kundalini-ego, i.e. meditation-ego. Kundalini-ego also gets formed and strengthened by Kundalini Yoga. Meaning, Kundalini Yoga is like a bot remover e-scanner application, which runs the software code in the form of Kundalini-thought. That Kundalini-thought scrutinizes all the thoughts of the mind, destroys the attachment to them i.e. the impurity of truth-intellect and transforms them into the form of pure Kundalini-ego. Meaning the Kundalini-picture gets connected with all the thoughts. By running this application daily in the morning and evening at least twice a day as Kundalini Yoga, this software keeps working continuously, and keeps us safe from ego i.e. impure ego. Ego actually means impure ego. Pure ego is the form of self and the form of happiness. Therefore, instead of calling it ego, calling it self-consciousness or meditation or self-awareness would be more appropriate and people would not have misunderstandings.

Kundalini Yoga has equal importance in Karma Yoga and Sanyasa Yoga

Friends, by meditating on the philosophy of physiology as described in the book “mythological body, a new age physiology philosophy (Sharirvigyan darshan)”, the worldliness does not dissolve, but is moderated, which leads to the birth of excellent Karmayoga. Whereas from such a feeling that worldliness is not true or it's not outside but it's false or it's inside the body, Sanyasa Yoga arises. This creates lysis of worldliness. Physiological philosophy gives the feeling that worldliness is true and exactly the same exists inside the body too as it's outside. Because everything is calm inside the body. Also, there is no screaming or hustle and bustle anywhere inside it. Whereas the entire universe is contained inside the body, according to the verse “Yatpinde Tat Brahmande”. This means that the worldliness inside the body is with Advaita. With this feeling, our worldliness also becomes nondual, knowledgeable and noble. It means worldliness is not destroyed or lysed. This is a big difference between a Karma Yogi and a Sanyasa yogi. Some people get deceived by this. They start considering Karmayogi or physiology philosopher as like renunciate Baba, and sometimes even try to harass or ignore him. But when he sets an example as per the place and time, then even the biggest people keep watching. Perhaps from this the famous Punjabi proverb has been coined that look at the oil and see the stream of oil. Meaning, look at the body and see the consciousness of the infinite universe falling into it. Karma yogi has an inherent habit of acting as per time and place. He has neither regard nor disregard for any karma. Whatever he does, he does it with detail, quality and in an unsurpassed or exemplary manner. He carries the work to its peak and never leave it in between getting bored if it's worth doing. He is a scientist, expert, writer, poet, musician type of person. What's more, to me, all the special tasks in the world seem to be the result of Karmayoga. So what we were saying is that Karma Yoga also happens only through meditation on the

body, and Sannyasa Yoga also happens only through meditation on the body. The best attention to the body is given during Kundalini Yoga. With the accompanying mental attitude of Philosophy of physiology, the same body-meditation gets transformed into Karma Yoga, and with the mental attitude of Sannyasa, the same meditation gets transformed into Sanyasa Yoga. Karmayoga is the middle path. Common worldly behavior is highly instinctive. Whereas Sanyas Yoga is like extreme escapism. Karmayoga is the life behavior with the best combination of rational action and rational escape. Yes, one more thing. Paying attention to the breath also focuses attention on the body itself, because the entire body moves with the breath. This also produces the same physiology philosophy effect. The entire body actually exists in the breath, because it is recognisable and alive only through the breath. Means the whole universe is situated inside the breath.

Kundalini Yoga transforms advanced cognition into basic cognition

Friends, man is an advanced creature. Advanced cognition is present in it. But one side effect of improved cognition is that it creates attachment, due to which the person becomes bound to it. It is like a life-saving medicine is the most helpful, but it also has the most side effects.

Basic cognition is present in all the cells of our body. Similarly, all the lowest and most microscopic organisms also have basic cognition. All of them adapt themselves according to their surrounding environment. To survive they follow a lifestyle similar to ours. Learn new things, and remember old things. But for this, no brain like structure has been seen in them yet. Meaning that they are controlled by a series of different and countless chemical reactions. So why not consider those chemical reactions as their brain. Our brain also runs on chemical reactions only. It is possible that even inanimate objects like stones and air may have a lower level of basic cognition than this, which science has not yet been able to understand. The flow of air is controlled by atmospheric pressure. So why not consider air pressure as the basic cognition of air. Similarly, every time air has a specific reaction at a particular air pressure. So why not consider it as the memory power of air pressure. With basic cognition there is no sense of good and bad. For example, due to low air pressure at a place, air entering there does not give a good experience to the air. Nor does the movement of air from there when there is high air pressure give a bad experience to the air. Similarly, a bacteria does not feel happy when it receives a particle of food and does not feel sad when faced with an enemy. Meaning that with basic cognition there is no attachment or hatred. At the same time, in higher cognition, that intermediate state of equality turns into attachment and hatred. Just like a neutron gets converted into a positive proton and a negative electron. When both are mixed, a neutral neutron is formed again. The

plus and minus charges cannot be destroyed separately. These two will be destroyed only when they meet each other. Similarly, we cannot eliminate attachment and hatred by keeping them separate. If we keep attachment to passion and aversion, they will remain separate and grow stronger. When passion arises, hatred will also arise somewhere, because like electric charges, these also arise in pairs, not alone. Detachment is the process which connects positive passion and negative hatred and destroys both. Call positive Yang and negative Yin. Their union is the much talked about confluence, or Advaita.

The development of cognition is like a necessary evil. When man was only in the form of air, water or micro-organism, he had basic cognition. There was neither passion nor hatred in him. He was neutral. He was neither happy nor sad. But as cognition developed, he started experiencing good and bad. Due to this, happiness and sorrow arose in him. Life and death came into existence. Earlier he neither lived nor died. Perhaps this is the indescribable liberation which has been talked about in the Vedas. There was neither light nor darkness in it. Meaning there was no conflict in it. That situation can also be understood in such a way that in that situation all the conflicts were there together. A neutron contains both a proton and an electron, yet not both. Similarly it is said that everything is there in God and also not there.

Now the description of the universe in the Vedas which is similar to that of human society, and the description of various animate gods and demons etc. in it is exactly like that of the people of human society, actually seems to be an attempt to return towards basic cognition. Similarly, in Tantra based physiology philosophy aka Sharirvigyan darshan, the description of the body like the universe and human society is also an attempt to achieve the same primitive basic cognition. Both have the same theme, but the philosophy of physiology seems more contemporary and scientific. However, both methods work better when combined with each other. According to a previous post, Kundalini Yoga

strengthens the philosophy of physiology. This means that Kundalini Yoga strengthens the basic i.e. pure cognition.

So will we accept the existence of only electrons and protons and not neutrons? Meaning, will we accept the existence of consciousness only in advanced organisms and not in lower organisms and inanimate substances? The meaning is clear that there is no such time, place and substance in the universe which does not have consciousness.

Kundalini Yoga as prana-healing medicine in Mythological story of Vishuchika

Friends, it seems that an interesting discussion has started again. There is a story in Yoga Vashishtha also. In this, a cannibalistic demon becomes a tiny needle due to some curse. She drinks people's blood but is unable to taste it because her mouth is very small. Visuchika means cholera or diarrhea caused by its bite. "Vi" means special and Visuchika means special suchika means needle-like shape. Even in ancient times, people had an idea of bacteria. Of course, due to lack of microscope they could not see them. It is clear that microorganisms also have consciousness, but they are not able to feel happiness, sorrow or good or bad. Let's delve into some details.

The Curious Case of Soochika: Demon or Microbe?

The ancient Indian text, the Yogavasishtha, tells the story of Soochika, a terrifying demoness who feasted on human blood. But unlike other bloodthirsty creatures, Soochika's curse was not her hunger, but the fact that her minuscule mouth prevented her from ever tasting and enjoying her meals. This strange detail has led some to wonder if Soochika might be more than just a demon; could she be an allegory for an unseen enemy – the microbe?

Soochika's Link to the Unseen

The Yogavasishtha portrays Soochika as an invisible entity, a characteristic that aligns perfectly with the nature of microbes. These tiny organisms, invisible to the naked eye, were unknown in ancient times. People often attributed sickness to supernatural forces, and Soochika's form could be seen as a reflection of this lack of scientific understanding.

Similarities to Infectious Diseases

Soochika's ability to inflict illness without any apparent cause resonates with the concept of contagious diseases. In the absence of knowledge about germs, the Yogavasishtha might have attempted to explain the spread of illness through the figure of Soochika.

Vasistha's Cure: A Metaphor for Yoga Healing?

The story mentions Vasistha, a revered sage, curing Soochika by stripping away her demonic form. This could be interpreted as a metaphor for the power of medicine and spiritual practices in overcoming illness. The method of treatment could also be that Rishi Vashishtha made his mind as detached as that visuchika through Kundalini Yoga. Detached means a mind which feels equality in good and bad, and which does not taste worldly things with attachment. This may have given him the invisible power to understand the vishuchika and control it, because only iron cuts iron. Meaning, this could be an allegorical story of yoga or pranik healing.

Unraveling the Mystery

While the possibility of Soochika symbolizing microbes is intriguing, it's important to acknowledge the limitations of this interpretation. The Yogavasishtha primarily portrays Soochika as a demonic entity, and attributing a scientific meaning to the story might be a stretch.

Had Leeuwenhoek discovered the microorganism

Ancient Indian system was aware of bacterial cause of diseases. There comes this type of topic in the yogvaasishtha, an ultimate vedantic scripture till date. Bacteria have been guessed there in dirty places as a cause

of enteritis. The bacteria have been named as jeevasoochikaa (jeeva =organism, soochikaa =micro). This has been described as lady Damon (raakshsikaa) blessed by the God to turn into invisibly small body to eat flesh of live people ad lib as per her begging but side by side having too small a mouth to have a sense of taste so regretting to having been blessed.

A Call for Further Exploration

The tale of Soochika offers a fascinating glimpse into how ancient cultures perceived illness. Whether she is a literal demon or a metaphorical representation of disease, her story sheds light on humanity's ongoing battle against the unseen forces that threaten our health. Further exploration of the Yogavasishtha and other ancient texts could provide valuable insights into the history of medicine and our relationship with the invisible world.

Kundalini Yoga as an Alien-hunt weapon

Today we are going to discuss another interesting topic – the connection between Kundalini Yoga and aliens.

Some scientists believe that aliens may exist only in the form of inanimate substances. They do not feel wavy happiness-sorrow or good-bad. They may be around us in the form of sun, mountains, rivers, stones, planets, constellations etc., but we do not recognize them.

It is also possible that they may have hidden themselves. Perhaps they have understood that conscious decisions only bring suffering and pain.

Therefore they have developed themselves so much that they do not need to do anything thoughtfully or with ego. They also do not discriminate between good and bad.

It is also possible that their consciousness is not separate but collective.

Some scientists believe that they may be computers or AI-like. They will not be organic, but made of inorganic elements such as semiconductors and metals.

Whatever it may be, inanimate matter certainly exists in its own right.

If this were not the case then why would Mars look so beautiful? There is no life there.

Had it not been there the conscious existence of the inanimate world, astonishing power would not have been felt in the chaotic movements of inanimate elements in hellish planets like Venus.

If there was no cognitive existence of inanimate objects then there would be no noise in the infinite space filled with the movements of inanimate objects.

There is no action without purpose.

This means that even inanimate objects have basic cognition. The sensation in all is certainly similar, but there are slight differences depending on the type of substance.

If it were exactly the same, it would be impossible for us to recognize and work with different types of substances, because then they would all appear exactly the same to us.

When a person is experienced having some special human nature, we do not deny it by saying that it is a lie. The nature of man is made up of the nature of natural or inanimate elements with whom he interacts day and night. Meaning that if the nature of man is true, then the nature of inanimate objects composing him should also be true. Yes, that nature can be understood as duality mixed nonduality i.e. truth-false, because it is possible that we are feeling his nature, but he himself is not able to feel that nature. Similarly, we should also consider the nature of inanimate substances like air and water as true-false or dual-non-dual. Meaning that of course we may be able to feel the nature of those inanimate elements, but they themselves may not be able to feel those natures. This type of mixed dualism is the real Advaita.

It can be understood that everything is similar to each other and also different from each other. This is Dvaita-Advaita and this is the truth. Complete dualism is also false, and complete Advaita is also false. Spiritual scriptures and sages also say the same. This means that the aliens are neither of different forms nor of the same form. But they are a mixture of both. Meaning that aliens are dual-nondual or dvaitaadvaita form.

This also means that there are different types of aliens everywhere around us. It is a different matter that we have not been able to find biological aliens like us, because such aliens are extremely rare. Only through Kundalini Yoga, we can know each and every element of nature in depth by applying samadhi. In Yoga Shastras, by attaining Samadhi on Vayu and fully understanding the nature of Vayu, one attains the powers of Vayu. Similarly, samadhi on fire leads to fire, and samadhi on water leads to water, or samadhi on sky leads to sky, etc. Meaning that we can talk to countless aliens in the form of countless substances, and gain understanding of their technologies. We have also achieved it to some extent. Understanding the power of air-alien and fire-alien, powerful engines have been created. Understanding the power of atom-alien, human have built nuclear powerhouses. The camera is made by copying the eyes-alien. There are countless such examples. If we take the spiritual field, Kundalini Tantra has been created by understanding the body-alien, through which Kundalini awakening has been achieved with countless spiritual accomplishments. The meaning seems clear that there is more chance of encountering aliens through Kundalini Yoga than through space exploration.

Connection between Kundalini Yoga and Aliens:

Kundalini Yoga is an ancient Indian yoga practice that focuses on awakening spiritual energy. Some people believe that practicing Kundalini Yoga can lead to the ability to communicate with aliens. The idea is based on the belief that Kundalini Yoga can help

us reach higher levels of consciousness, allowing us to connect to other dimensions and realities. Some people also believe that Kundalini Yoga can give us access to the technologies and knowledge of aliens.

Is it true?

It is difficult to say with certainty whether Kundalini Yoga can actually help in communicating with aliens. There is no scientific evidence to support this claim. However, there are many people who have claimed to have had experiences with aliens after practicing Kundalini Yoga.

conclusion:

The connection between Kundalini Yoga and aliens is an interesting and controversial topic. It is impossible to say with certainty whether Kundalini Yoga can actually help in communicating with aliens. However, this is certainly a topic that deserves further study and research.

Kundalini Yoga can make the inanimate alive

Friends, when I asked AI for a one-sentence definition of a living being, it told me that a living being is one that is capable of reproduction, growth, metabolism, adaptation to the environment, responding to stimuli and maintaining homeostasis, while non-living beings are capable of none of these. In this post, we will prove through Kundalini Yoga that all these activities take place even in non-living things.

reproduction in non-living things

If there was no reproduction in non-living things then how would the universe develop? Then we would not have seen the sky full of planets and stars. The number of things or living beings increases only through reproduction. Because there are innumerable non-living things in the universe, reproduction also occurs in non-living things. That reproduction takes place from the original sky i.e. original nature aka mool Prakriti in Sanskrit. It is also said in the scriptures that the universe is born from the original nature. From that original space the original fundamental particles are born. Consider the original sky as a mother and the fundamental particles as children. Then those fundamental particles continue to grow through mutual actions and reactions and spread throughout the universe. In fact, this entire creation must have been made up of only a few hundred or thousand fundamental particles. Their mutual reactions create different substances, which fill the entire universe.

metabolism in non-living things

According to AI definition, metabolism is the set of chemical reactions occurring in living organisms that are necessary for energy production, growth, development and repair. In the so-called lifeless Sun, energy is produced by nuclear reactions. Due to this, there is continuous growth and

development in the fundamental particles. Due to this, all the elements that create the universe are produced in sufficient quantities in the Sun.

Adaptation to environment in non-living things

By kicking, not only the dog runs away but also a ball runs away. Galaxies live in groups like families so that new stars can be formed properly. Just as living beings want to run away from the suffocating dense population and go towards peace, similarly all the non-living things like air and water also run from high pressure to low pressure area. Meaning that even non-living things adapt themselves for their betterment.

response to stimuli by nonliving things

A piece of metal expands when heated. Meaning it tries to spread out its heat or tries to run away from there. The same piece of metal shrinks as the cold increases. Meaning it tries to save its heat by crouching there. There are innumerable examples, such as explosions, electrical conduction, and chemical reactions, of inanimate objects responding to stimuli to a greater extent and more rapidly than even the living beings.

Maintenance of homeostasis by non-living things

Homeostasis means maintaining the same conditions necessary for life. As a healthy body has a fixed and uniform temperature, at which the body is most efficient. Similarly, if we consider it in non-living things, then when the temperature increases too much, clouds start gathering and it rains. Due to this the temperature of the environment becomes normal again. Greenhouse gases help in maintaining uniform and stable temperature on Earth. The fixed and determined force of gravity helps galaxies maintain

a stable structure, ensuring the proper evolution of the universe. The mutual balance between the force of expansion and the force of gravity keeps the universe alive.

It is clear from the facts arising from such out of the box or offbeat thinking that there is basically no difference between non-living and living. The line dividing them is not real but imaginary. This also proves that non-living beings also have their own level of basic cognition like living beings. When a person attains samadhi through Kundalini Yoga, he experiences the basic cognition of that object. That is a primitive cognitive experience, and very close to the ultimate experience of complete enlightenment. That is why it is said that God can be reached only through Samadhi.

Kundalini Yoga can format mind-hard disk fully

Friends, nature aka Prakriti and man aka Purusha in Sankhya school of thought are known as the mother and father of this creation respectively. Every thing is created with the cooperation of Prakriti and Purusha. Prakriti is a blackboard and Purusha is a movie running on it. If there is no blackboard, there is no movie. If there is no movie then there is no blackboard either. Both are fully dependent on each other. It is not possible for them to live separately and purposefully. Similarly, if there is no darkness of Tamoguna in prakriti then the light-form world cannot be expressed.

White chalk cannot write on a white board. Writing can be done with the white chalk only on the black black board. Similarly, a conscious picture of the world cannot be created using only the conscious Purusha. For constructing the conscious world-picture, the background of unconscious Prakriti should also be available. This is all spirituality. Here the whole world is inside the mind and brain. We do not need to go down to the fundamental particle physically. Here the birth and death of the world is going on every moment. New pictures are being created, old ones are being erased. Prakriti is the blackboard of mind filled with emptiness and darkness, whereas Purusha is the ink of conscious experience. It is constantly being written and erased. The blackboard is never destroyed, and neither is the ink. Both are imperishable, immortal and eternal. Both are two opposite poles of existence. One is yin and one is yang. There is a mother who accepts the play of the bright ink of consciousness on her. There is a father who keeps drawing his beloved Prakriti for his bright paintings. As he continues to draw pictures, objects continue to be born. This entire creation is pictorial, not real. Also look at the gross physicality outside the brain. So that too is pictorial, only the gross pictures are a little more stable, and are created sequentially and slowly. As if first of all pictures of fundamental particles will be formed in the macro space outside. Then, while acting and reacting with

each other, they will continue to grow and create new pictures according to a specified sequence and scientific principle. Only pictures of the original particle are engraved outside the brain. Later they become different pictures of the developed world growing in the womb of Mother Prakriti. But any desired picture is created in the sky of the mind in a moment. This happens because it is a reflection of the outside picture, not the real picture. However, there is no difference in the nature of image and reflection. It is like seeing the reflection of Mount Kailash in the water of Manasarovar lake with one's own eyes. That reflection of the mountain would remain in the water throughout the day and it was formed slowly. It will not be there at night at all. Then as the Sun rises and climbs, that image will gradually become clearer and larger. Many factors are necessary to create it. But the eye immediately created that image in the brain because it was already fully made. To create it, nothing else was needed, just a body with eyes and a brain. So both the pictures are the same. Similarly, it took billions and trillions of years to create the pictures of the world in the outer sky. But to draw those pictures, only a body is needed which can draw those pictures in a moment. We are not even aware of the pictures outside, because we cannot feel them. We feel only the pictures within. We can judge outside only from within. When the inner picture of the world disappears, its trace remains on the mental blackboard. This is what we call the subtle body on which the pictures of all the previous births of the man remain buried in subtle form. It is like even after deleting data from the phone's memory, it remains hidden in it, which can be found and retrieved again. It can be completely erased only through the special app called Kundalini Yoga. This body is like a unique electronic camera. Due to damage to the camera, all the pictures inside it get erased, but the electricity remains, and so do the materials that make up the camera's screen. Meaning, with the destruction of the body, the world-images inside are destroyed, but Purusha and prakriti still remain. Both of them are eternal. The eternal can only be void-space, nothing else. Meaning, Purusha is the same void-sky, and Prakriti is also the same void-sky. Both are like two sides of the same coin.

Conscious void-space meaning Purusha becomes unconscious void-space meaning Prakriti by illusion produced by spiritual ignorance. However the original Purusha-Akash remains the same and conscious as earlier. By the same original Purusha-sky, images continue to be carved on its own confused form. The original Purusha i.e. Purushottam or Supreme Soul is there as such, while the confused Purusha becomes the soul or Prakriti. It is just like it is said in Shiva Purana that from the one and only Shiva was born the pair of man and woman i.e. Purusha and Prakriti.

Kundalini Yoga can reunite the son with his father most easily

Friends, Lord Krishna says in Geeta that he is the father of the universe, who in the form of Brahma puts his semen as seed inside his wife Prakriti. The entire creation originates from him. Come, let us understand this scientifically. If we go deeper into the scriptures, we will find many secrets hidden in them. A ring was formed with the luminous line of Purusha or luminous sky within the tamas-sky means dark or unconscious sky or Prakriti. That virtual sphere was the original fundamental particle. It was like drawing a ring with chalk on a blackboard. It is made up of light meaning Purusha and darkness meaning nature. Even in the ring made on the black board, the circular area inside the boundary wall of the line of light is in the form of darkness. The semen of the purushottam was in the form of the luminous boundary wall of that ring-shaped drawing. That semen was called Purusha. Actually, all the essence of an male organism is hidden in its semen. So basically, there's no difference purusa and purushottam. It's like just as the whole tree is hidden inside its seed.

The dark circular area inside the ring was the egg of Mother prakriti. Similarly, all the essence of a female organism is hidden in its egg or ovum. So, basically there's no difference between original limitless prakriti and an egg bound prakriti. This combination of both means the egg was fertilized by the sperm. That is why in Gita, Prakriti has been called Kshetra meaning field and Purusha has been called Kshetrageya meaning one who knows the field or is also called a seed sowing farmer. Only the one who understands the field will want to plow it and also want to sow seeds in it. Then in the womb of Mother Nature, that fertilized egg became the original fundamental particle and became active for growth and development. It created more fundamental particles like itself by its repeated divisions. Those fundamental particles started joining together to form bigger and bigger structures. Perhaps it was the only fundamental particle formed just

before the Big Bang at the beginning of the universe. The explosion in it and its further expansion means the formation of a unicellular zygote in the womb and its outward expansive growth through rapid and explosive divisions. Note that the development of the fetus takes place in the mother's womb in exactly the same way. Till today this growth and development of the universe is going on continuously, and will continue in future also. Because Mother Nature's womb is in the form of infinite sky, there is no shortage of space in it. That is why creation never needs to come out of the womb. On the contrary, due to limited space in the womb of a woman, the child has to be taken out of the womb after some time. Its subsequent development takes place outside the womb. A child is also made up of parts of both the mother and father. The first round cell called zygote, which is formed by the union of sperm and egg, has half the characteristics of the mother and half the characteristics of the father. Due to this, the qualities of each of the both parents are added in half and equal proportion in the entire new body of the child. That is why the child's appearance resembles that of both the parents. In the same way, because the first fundamental particle contains half and equal qualities of each of its parents that's Purusha and Prakriti, the entire creation has equal and half qualities of both, because from that single original particle the entire creation developed. That is why seeing anything reminds us of God and nature. It happens just like seeing a child, one gets an idea about his/her parents. That is why idols made of metal, stone etc. are worshipped. We cannot see God the Father, but we can definitely see the physical creation as his children. Children always try to be like their parents by imitating their parents, growing and developing and taking over their work and business. In the same way, the creation, which is the child of Prakriti and Purusha, and all its substances keep on developing, inspired by the supreme height of their father, the Supreme Soul, and also keep taking strength from their mother Prakriti to create the best creation.

Just as the Purusha-Father resides in the Sahasrara of the body, in the same way Mother Nature also remains asleep in the form of Shakti in the Muladhara of the body. Children

have more direct contact with their mother. The father is busy in his work, business etc. It is the mother who keeps him in touch with his father. Similarly, man also cannot directly meet the Father-purusha or Shiva located in the Sahasrara Chakra. To meet him, he has to take the help of peaceful lap of Mother Prakriti or Shakti located in Muladhar. Mother Shakti unites him with father Shiva. This is called Kundalini Yoga and Kundali Jagran.

Kundalini Yoga helping in Marriage, romance and procreation

Friends, Prakriti is like a giant mother. Space is its belly. When it was conceived by the Purusha-father, then the tiniest fundamental particle got established in its womb. Division and development started in it in the form of a big explosion. As this mega-embryo of the universe kept growing, the size of its belly also kept increasing. This is what scientists call the expansion of space. Even today space is expanding. When this child-universe grows up and becomes fully developed, then its further growth will stop. At that time the size of Prakriti's belly will also become stable. This situation will remain for a long time. Then this man-form universe will start becoming old and weak. Due to this its size will also start decreasing. Due to this the size of mother Prakriti's belly will also start decreasing. This is what scientists call the Big Crunch, when the expansion of space will stop and it will start shrinking slowly. Then in the end this mega-giant man will die and shrink in the form of the same original embryo cell from where its development started. Then that last root cell will also merge with the same Prakriti from which it was made. The last root cell was made from Prakriti itself, and it grew by getting nourishment from the same. That is why Prakriti or Shakti is also called mother. Purusha only helped Prakriti a little, by giving her his seed. Prakriti itself needs the son-form creation more, because through him she wants to compensate for her supposed deficiency and inferiority. Purusha is like a happy madman. He is complete in himself. He does not need anyone. Something similar is seen in real worldliness also. Yes, clever people keep uniting Prakriti and Purusha through Kundalini Yoga every day, and keep creating the creation-child of their choice.

An empty egg never sprout. An empty female seed never becomes a tree. Empty soil can also never make a tree. A tree has parts of male seed, female seed and soil. But in creation, there are only parts of purusha and prakriti. Soil

provides nourishment to the seed. The male seed gets diversity by mixing with the female seed. The female seed also gets diversity by mixing with the male seed. On the other hand, prakriti is also the female seed and also the soil. It means that it provides diversity to the male seed and also works as soil to nourish it. This is because in the beginning of creation, there was nothing other than purusha and prakriti. The very subtle elements hidden in prakriti in the unmanifested form keep growing the fundamental particle made from the mixture of male seed and female seed. At the time of Pralaya, the entire creation ends and gets absorbed in prakriti in a subtle form. It is called Avyakta or unmanifested in the language of Sankhya school of thought. From the same unmanifested, a new creation is created again. It is like all the animals and plants die and decay and get absorbed in the soil in the form of micro elements, and then by getting nutrition from the same micro elements of the soil, new animals are born and new trees and plants grow up. Along with this, by combining in different quantities and in different ways, the purusha-seed and the prakriti-seed also create diversity in the world. In the same way, the female seed and male seed of a tree also combine with each other in different quantities and in different ways and produce different varieties of trees.

Kundalini Yoga decoding death, doom, birth and creation

Friends! Spiritual scriptures are full of high level knowledge. If they are also spiced up with experience, then the matter becomes something else. It's important to know that we are all human beings entangled in worldly affairs. Our experience cannot be so powerful that it can independently prove the transcendental facts. Yes, if our experience is like the authentic facts of the scriptures, then our experience can be considered authentic. I will also share my similar little experience at the end of this post.

In the scriptures, the nature of the time of Pralaya has been described as a state of equilibrium. It means that in this, all its three qualities aka gunas remain at the same level. They do not change. It is not necessary that as much as there is Sattva Guna, there is as much Rajoguna and as much Tamoguna. Rather, it means that although there are different quantities of all, but each Guna remains the same at its specific quantity. It does not decrease or increase. For example, if the ratio of Sattva Guna is 1, then it will remain the same. If Tamoguna is 5, then it will remain 5 and if Rajoguna is three, then it will remain three. If all the three Gunas were equal to each other, then there would be no difference in different creations, rather all creations would be exactly the same. Along with this, all humans would also be the same, there would be no difference in them either. Moreover, then all living souls would be the same. But this is not possible, because diversity is seen at every level in the universe. Some souls are pure, who do good in every way. But some souls are also sinful, who do not hesitate at all in causing harm. Of course, due to not having a body, the departed souls cannot intentionally do good or bad, but their positive or negative energy field causes good or bad on its own. Perhaps this is what is called ghostly existence or Pretayoni in the scriptures. Although it means a departed and bodiless soul, but due to not getting a body for a very long time, it is considered a physical existence aka yoni like

human existence or manushya yoni. Of course this is a subtle yoni. For example, at the places of many terrible road accidents, accidents keep happening again and again. For this, the evil spirit wandering or not getting body or not getting physical yoni is considered responsible and a temple or idol of Lord Hanuman etc. is established there. It is said that this stops the series of accidents. Perhaps the positive energy generated by the deity neutralizes the negative energy of the evil spirit. Perhaps a very high level of positive energy is called Dev yoni.

Nothing changes by re-creating the universe. Only disturbance is created in the qualities already present in nature. It means that sometimes Satva Guna suddenly increases from its basic level, sometimes Tamo Guna and sometimes Rajo Guna. In this way, the level of every quality keeps changing continuously. In a person who is more active, it keeps changing more quickly. In a person who is less active, it keeps changing at a slower pace. You will think why I have come from nature to man here. In fact, nature has been estimated from man only. No one can directly experience the Samashti i.e. the omnipresent nature. But the birth and death of a man situated in the form of Vyashti i.e. limited nature can definitely be experienced. Yogis have experienced this, on the basis of which Indian philosophy and scriptures have been made.

After death, all the three qualities of a man come to their average level and then do not change. A body is needed to create disturbance in the qualities. That does not happen after death. Sattva Guna increases with the good thoughts of the mind during the lifetime. Rajoguna increases with the increased activity of the mind, and Tamoguna increases in a state like loneliness or depression. All these Gunas remain even after death, but they do not change. It means that a person never dies. We feel that a person is dead because we are entangled in a storm of Gunas. Due to this, we are unable to see the subtle state of the Gunas. It is like, after a dazzling light, even the normal darkness seems pitch dark. Yes, when the storm of Gunas calms down due to Kundalini Yoga, then

the possibility of meeting the departed soul increases. Now you will ask how that basic state of Gunas is determined after death. Actually, it is the average of the Gunas of all the previous births of the person. It means that if someone has lived more in Sattva Guna, then the basic Sattva Guna remains more. Because Sattva Guna is formed by virtuous deeds, it means that the account of all his good deeds is also present in it in a subtle form. The person whose average Rajoguna is more, his deeds will be more of entrepreneurship and business etc. More Tamoguna means accumulation of more sinful deeds. It means that all the deeds in the form of Gunas remain in their basic state. It is possible that this system is so efficient that instead of being average, every karma exists separately in the form of different qualities. The scriptures point to this and write that the result of every karma is to be born exactly according to that karma.

Well, in the experience of the holy departed soul, I felt the unchanging and average state of qualities. Meaning that the soul was feeling like a dark sky. But the complete personality of the person whose departed soul it was could be seen in it. Meaning that he did not even seem dead to me, but he seemed more alive than alive. That person was appearing more alive than alive. Strange. Meaning that soul also had the imprint of its previous births. Meaning that it was as the nature in the equilibrium state at the time of Pralaya or doom, in which no disturbance was arising. I have described the experience of this soul in detail in some old posts of this blog. Now you tell me what is the difference between the still water of the ocean and the waves of the same water, nothing? Similarly, there is no difference between the soul in the body and the departed soul. When the departed soul gets a new body due to the combination of qualities and deeds, then the disturbance in its qualities starts again, which we call the beginning of a new creation.

I think that to meet a soul, the soul must also desire to meet and the person must also have enough mental strength to endure that meeting for some crucial moments and to talk to the soul. This seems to be possible only through aggressive

Tantric Kundalini Yoga, not through ordinary yoga. Also, since the soul does not have its own body, it cannot have any wish to meet etc. This means that the soul must have that wish in its living state with a body, especially at the time of its death. This is called the last wish. That is why it is given a lot of importance. It is fulfilled and the dying person is promised of it to be fulfilled, so that his soul does not get astrayed due to that wish. These puzzles get solved gradually, not all at once. I too alongwith my family had reached a little late to meet that person in his dying state. He wanted to talk to me, but was unable to speak. Only a little scream came out of his mouth and then he became unconscious again. He could not see. Perhaps he was able to hear and understand something, but was unable to see or speak. Two to three hours later, his soul departed from his body. There is a lot in spirituality. This is just the tip of the iceberg.

Kundalini Yoga increases Satva Guna

Best wishes to all friends on International Yoga Day

Friends, According to the scriptures, the universe is made with the cooperation of Purusha and Prakriti. Only Prakriti has all the three Gunas, not Purusha. Purusha is Gunaatita means he is beyond the three Gunas. Purusha is pure soul. Prakriti is inert. It means that Prakriti does not have its own existence. Prakriti is virtual. Then who feels the three Gunas of Prakriti? It is Purusha only who feels the Gunas of Prakriti. Nature or prakriti has been given a feminine form because there is more similarity between the two. A woman wants to show her beauty and looks to the world as much as possible by dressing up and so does nature. Seeing beautiful nature reminds one of a beautiful woman. Similarly, seeing a beautiful woman brings alive the charming nature. A man does not enjoy going anywhere without a woman. Actually, a man is connected to nature, that is, he is bound. This is what we call a bound soul. When he separates himself from nature by behaving indifferently towards its qualities, then he again becomes a free soul, that is, a pure soul. It is worth noting here that to be free, it is necessary to be bound. The first step to liberation is bondage. How can an animal that is not even tied to a peg be free from it? In the living state of a man, his soul feels the rising and falling waves of the three Gunas of Prakriti. This is considered to be the sign of a man's living state. The more and faster the waves are formed in him, the more alive he is considered to be. When one meets a lover, the wave of Satva Guna rises. Love and happiness overflow all around the mind. Old memories become fresh in beautiful forms. There is a smile and glow on the face. There is a good appetite, one feels like working. The person is filled with a good mentality. When there is separation from her or him, the rising wave of Sattva Guna descends and falls below the base or ground level. All the happiness seems to disappear. The mind turns into depression. Old beautiful

memories disappear in the deep darkness. A feeling of hatred and sadness engulfs the mind. There is a wrinkle and darkness on the face. Hunger disappears. One does not feel like working. What was earlier a wave of Sattva Guna, becomes a wave of Tamo Guna. During the mutual change between Sattva Guna and Tamo Guna, there is also a state of a small wave of Rajo Guna. It means that there is no immediate change from Sattva Guna to Tamo Guna and Tamo Guna to Sattva Guna, but it goes through Rajo Guna. We can call Rajo Guna a slightly rising wave. The basic nature of a human being is considered to be Rajo Guni. Meaning he is so busy in work that he is rarely able to raise the mental wave to the high level of Satva Guna. Sadhus raise it through meditation. Gods are called Satva Guni. Meaning their Satva Guna is of a high level. Of course there is no wave in it because they do not have a physical body. The various human-like idol forms given to the various gods are all imaginary, although they are very similar to their real forms. Similarly, all animal species are called Tamo Guni. This happens due to the lack of brain i.e. mind in them. That is why it is said that Satva Guni people go to Devlok or get liberated, Rajo Guni people attain human life again and Tamo Guni people attain animal life.

Now the question is that after death, till the time a body is not gotten, in what state do the gunas remain in the soul. In the previous article also we had thrown light on this fact of the scriptures that at that time all the three basic qualities that's gunas remain in equilibrium. Equilibrium means that the quantity of the three qualities can vary among themselves, but each quality will be at a certain fixed level only. Meaning it will not change. Because without a body waves will not be formed in it. I had experienced a greater amount of Sattva Guna in the pure soul. It seemed as if the sun like an endless sky was covered by a thin membrane or veil and darkness was created from it. But that darkness was as bright as mascara, and as if the pressure of the sun rays wanted to burst that covering membrane. Sattva Guna is also a symbol of light. Still nothing was changing. There was no movement anywhere. The invisible movement like boiling that was felt was probably the basic Rajoguna. However, it

was only an apparent movement, not real. Tamoguna was already there in the form of darkness like kajal or mascara. Consider the shine in kajal as Sattva Guna. Still that soul seemed pure and Satvik to me. Once during yoga I also felt an evil soul for a few moments. Its darkness seemed scary and full of sin, hatred and feelings of revenge. That soul had also harmed an acquaintance of mine that day, but he had survived safely. Meaning that there are subtle variations among souls in the form of different guna-groups. Superficially all souls look the same to us, but it is not so. The soul of a person is the same as the gunas and karmas of all his births.

There is also a psychological fact here which is related to yoga. Tamoguna is formed by worldliness adopted with attachment. But if attachment is removed from it through Kundalini yoga, then the same worldliness becomes Satoguna. Meaning that Satoguna increases with yoga. Rajoguna is the name of movement. Meaning that while Tamoguna is going towards Satoguna, it passes through Rajoguna. Meaning that the process of Satoguna turning into tamoguna and tamoguna turning into Satoguna is called Rajoguna. Both Satoguna and Tamoguna have a share in this, because one guna is getting destroyed and the other guna is getting formed. The soul's natural tendency to move from Tamoguna to Satvaguna is Rajoguna, and that is what I felt as a virtual boiling or surge in the soul. Ignoring the natural tendency, people deliberately go from Satoguna to Tamoguna by doing bad or mean or sinful deeds. Sometimes they go directly from Satoguna to Tamoguna and sometimes go slowly through Rajoguna. Rajoguna comes in between in both situations. Of course, a little in the first situation and more in the second. Many Yogis enter into satoguna from Tamoguna immediately with aggressive tantric Kundalini Yoga. Many people reach Satva Guna from tamoguna after going through the worldly life alongwith Rajoguna for a long time. This process of change of Guna or transformation of Guna continues like this.

Kundalini Yoga reduces the potential difference as Rajo guna between Sattva Guna and Tamo Guna

Even if a person wants, he cannot stop the disturbance in his Gunas. The Prana Vayu keeps creating waves in the Gunas, just like the wind creates a storm in the ocean. However, the Yogis who have controlled the Prana Vayu through Pranayama etc., to a large extent, control the waves and so know well their real and basic level of the soul made of base level unchanging gunas. Take a person who has always seen a stormy sea, and has never seen a calm and still sea. He will think that the sea is always like this and that is its real form. Means in a way he will not have any knowledge of the calm soul form like the real and basic form of the sea without waves. If he ever sees a completely calm sea instead of regular stormy sea or say, the sea frozen due to cold in the polar region, then he will say that the sea has dried up or ended. Similarly, when people see a living person dead, they say that he is dead, but a person never dies. It's worth mentioning here that it's not the positive appraisal of negligence towards body like self harming instincts or suicide etc. The body always dies. Then one doesn't know when one will get a new body, which one to get, with how much hardship it'll be got, even after getting it one don't know how long it will remain alive, who knows. Therefore one must take good care of the body. It only means that the soul of a person never dies, because the soul is the real form of a person. It is like a person who has always felt his form as the form of waves of his mind, i.e., with changing qualities. He does not know that this form of waves is not his basic form. He has never pacified his mind with yoga, meditation, etc. All the seas in a storm look the same, because the water is not visible properly in them. But when the storm calms down, then the water of some appears blue, while some appear green. The water of some is less, while some have more. Some have less sea vegetation like algae, while some have

more. In some, there will be one type of sea creatures, while in some, there will be some other type. Similarly, people with frequent mental storms also look the same. As soon as we start focusing on any of their qualities, it changes at that very moment. This is why only by meeting the soul after death, we can get accurate and detailed information about its basic qualities.

There are as many oceans as there are living beings in the universe

This is a very interesting subject and by continuing to write, new puzzles keep getting solved. And if there is some experience along with it, then what can be said. Consider the rising wave to be happiness or Satva Guna and the wave falling below the normal surface of the ocean to be sorrow or Tamo Guna. This keeps happening in the mind throughout life. After death, the mind or soul becomes like the normal surface of the ocean. Neither the wave goes up nor down. Neither happiness nor sorrow. But this is not so, because if there are three gunas, then happiness and sorrow will always be there. This is the Trigunatita Parmatma in whom there is neither happiness nor sorrow, but there is only absolute bliss. Understand that both Satva Guna and Tamo Guna are present in the soul. However, both are in less quantity because there is no body to highly lift or drop them, that is, to create huge waves in them. This is the equilibrium state of the gunas. Meaning Satva Guna is also at its constant level and Tamo Guna is also at its fixed constant level. Someone will say that then how will the quantity of all the three gunas be different in all people. See, the one who has more Satva Guna at the time of death, will be fixed there after death, meaning it will remain more even later. It is like if the wave of the polar sea rises up when it freezes, then it will remain raised at the same level even after freezing, it will not change from there. However due to gravity it can't be frozen at very high level. It is also true that at the time of death, the gunas often remain at the level as the sum average form of all its previous gunas and deeds. Meaning, there will be different amounts of darkness in the soul of all people. No

matter how close two people are to each other, the amount of darkness in the souls of both cannot be the same. This is impossible. There will always be some difference. That is why there is never any deception in the matter of soul that the soul of so and so entered the body of so and so by mistake. Whatever happens in stories seems to be an educational metaphor. When a ghost etc. occupies someone's body, it clearly tells that he is a ghost. That is why he is driven away by tantriks etc. If someone had the power to become a photocopy of someone's soul, then the ghost would have also become so. Then no one would know and no one would even drive him out of the other's body. But this does not happen. That is why it is said that the mental state at the time of death determines the future after death. That is why many people go to pilgrimage places like Kashi to die, many listen to spiritual texts like Gita etc. at the time of death. Here another problem opens up. Of course, after death the soul becomes changeless and unrest-free, peaceful and all-pervasive like God, but there is a huge difference between the two. The soul, though it seems like Nirgun, is bound by all three Gunas, but God is actually Nirgun i.e. beyond Gunas. That is why he is more than the soul and you can say that he is the form of the ultimate subtle, the ultimate all-pervasive, the ultimate changeless, the ultimate peaceful, and the ultimate Sachchidananda. This should be understood especially by those people who are under the illusion of considering God and the soul to be almost the same. Many worship buried dead bodies etc. Many think that after death their ticket to heaven is booked.

Kundalini Yoga assist in successfull sex

Another secret fact I tell you is that during sexual contact also this base level soul contact is most profound. This is because at times of sex one wants to be in full loneliness except only two sexual partners. This instinct is the origin of shying stance in sexual matters. No one wants to do sex in public as then it's not sex but a dramma only. Even no one wants to talk about his real sexual experience leave away sexual drama that's advertised heavily by cheaters. So said,

what's more loneliness than the basic soul form fully away from worldly chaos whether physical or mental. Although everything of base level soul is not visible like scenes on a TV, but its average subtle form is experienced. It's like a special or unique darkness. Of course, that form may seem suffocating to us, because we are not used to it. But the free soul that has got accustomed to it will not feel so. Even sexual energy is so much high that it provides more than enough bliss in that short lived basal soul form contact. This way love also grows. It's common observation that departed soul contact often occur in tantric mixed sexual environment. The reason is same that intense sexual energy of tantra provides enough energy to withstand that short lived suffocating soul contact. Simple sex don't suffice much as there's less mind control in it and also, it's of shorter duration. Kundalini Yoga based tantra boosts the sexual experience because it further increases the level of loneliness with help of kundalini meditation that's prerequisite for blissful and successful Sex. Kundalini meditation rules out every worldly chaos except a single mental kundalini image. It's necessary because we can not keep mental energy on hold, and while doing so it's suffocating and bliss also goes on hold. Then what a sex without bliss. But with kundalini image in mind, it becomes the source of profound bliss. It's fully akin to complete loneliness as mental kundalini image is nothing physical but only a mental creation. That is why it is said that true love can happen with only one person at a time, not with two. Tantra also advocate going solely with single partner for long period of time. However it's important and interesting to know one reprimanded by multiple partners severely only wishes to go in perfect solace only with single one. Perhaps sex is pleasurable because it attempts to reach the deepest depths of the soul, the top treasure of bliss. In fact sex science is much deep and vast than supposed as truly told by Osho Maharaj.

Soul and world is the gameplay of light and darkness

Kundalini Yoga is an integral part of Sex

I feel that what we consider as Satva Guna is becoming Tamo Guna in the background. It is like the shade is formed from sunlight. It means that whatever the soul has experienced from the beginning, all of it is present in it in the form of Tamo Guna i.e. darkness. Whatever it will continue to feel in the future, it will also keep getting recorded as darkness. It is like according to intensity and the nature of sunlight, the intensity and the nature of shade will be formed. As the type of leaves of the tree, the type of shade will be formed. That is, the shade in the form of Tamoguna will be formed according to the nature of the body, mind or brain. This means that the shade has all the information about the sunlight that forms it or the sunlight that has filtered through its leaves. Satvaguna is the pure form of the soul. It will remain by default. It cannot be erased. It is possible that it may be visible more or less according to the amount of Tamoguna. If Tamoguna is more, Satoguna will be less and if Tamoguna is less, Satoguna will be more. Rajoguna will also be in the form of the natural tendency of the soul under which it wants to go from Tamoguna to Satoguna. This means that if we do not feel the world, it will not be recorded in the soul as Tamoguna. But it is also not possible to stay away from the world. That way tamoguna will come later, first one may have to die of hunger. The middle path is of detachment. It means to experience worldly matters without attachment. Due to this, worldliness will continue and its shadow will also not be able to settle on the soul or it will settle less. This is easily possible through yoga. In the scriptures, it is said to adopt sattvik methods without attachment so that its sattvik sanskars keep on getting into the mind. It takes less effort to remove sattvik sanskars from the mind than rajasik and tamasik ones, which increases the possibility of liberation. If these are not put into the mind, then absurd sanskars will keep getting into the mind because the mind cannot remain empty. It is very difficult to remove them, which reduces the possibility of liberation to a great extent. But only this will not work. The soot of the impression of worldliness of countless past births which has settled on the soul will also have to be cleaned. That too will be done

through Kundalini yoga, especially aggressive tantric Kundalini yoga. Due to this, Sattva Guna will increase in the soul and Tamo Guna and Rajo Guna will decrease. Rajo Guna will decrease because now the nominal Tamo Guna does not have enough potential to move towards Sattva Guna at a fast pace. This latent Rajoguna is also like the potential difference between two opposite poles of electricity. The greater the difference between their opposite charges, the more rapidly will be the flow of more electric current in the circuit connecting them. The Sattva Guna of the pure soul is supreme and definite. The amount of Tamoguna of the bound soul will determine whether the potential difference of Rajoguna between them will be less or more. See, the circuit between the two will be connected only when the soul gets a body. Then a lot of electric current will flow between them in the form of mental thoughts. It will keep increasing or decreasing according to the Tamoguna of the soul. That is why after drinking etc. in a party, people feel refreshed and get involved in their work with new zeal and enthusiasm even more than before. This is just an example. And it can also be harmful in matters of spirituality. Many people, after spending a long time in solitude, enter the world with new and increased energy. This is the power of the Tamoguna of loneliness. As said above, Tamoguna decreases with Kundalini Yoga. This reduces the potential difference of Rajoguna between Satvaguna and Tamoguna. That is why the behavior of a Yogi is not impulsive or short-tempered or blindly progressive, but is patient, serious and systematic. Many times, Tantra Yogis can temporarily accept Tamoguna to achieve temporary impulsive behavior according to the demand of time and place. This Rajoguna remains in the form of latent potential difference in the soul without a body. Meaning, there is a force to go from darkness to light, but due to the absence of the electrical circuit of the body, the darkness is unable to reach the light. Meaning, Tamoguna cannot express as Satoguna.

Kundalini Yoga removes the dark mark on the soul

The formation of a wave in the mind is called Satvaguna. The disappearance of that wave is called Tamoguna. The dynamic state of change between the formation and disappearance of a wave is called Rajoguna. When a thought is formed, it is a wave of Satvaguna and when it disappears, the darkness of Tamoguna prevails. It is also a wave but it is not visible due to darkness or say it's in the form of type and extent of darkness that's hard to differentiate. The more a wave rises upwards, the more it sinks downwards, meaning it goes towards the netherworld or the pit or darkness. If seen, the initial virtual existence is of Satoguna only. Tamoguna is its virtual mark on the soul which is in the form of darkness. Both the Gunas are false or virtual, but first a wave of Satoguna was created in the Nirgun soul. Then Tamoguna was formed from it, then Satoguna from it, then Tamoguna from it, then Satoguna and this sequence has been going on since time immemorial. The Nirgun soul is also like Sattva Guna, as it is luminous, full of bliss, and full of existence, but there are no virtual waves in it. Due to the creation of virtual waves in it by the body, it became a living soul with Sattva Guna. However, the original God always remains the same Nirgun. There is no change in it. Then once Sattva was created in the living soul, then the sequence of changes of gunas was bound to continue as mentioned above. A seed keeps getting created from a tree and a tree from a seed. This is the game or disease of birth and death, whatever you may call it. It is not me saying this, but the scriptures are saying this. A man or any living being is afraid of death because he fears that he will have to go through the process of a new birth full of sufferings again. He fears this because he sees the cyclical change of gunas in his life every day. After experiencing darkness, he has to experience light as well. He cannot remain in darkness continuously. Because both are relative to each other. That is why he feels in his subconscious mind that he is going from the darkness of death to the light of birth. If death were to continue

permanently, then it would be like liberation that's free of all sufferings. Then no one would be afraid of it.

All the information of the luminous wave of thought is recorded in its darkness. The soul is the middle level of the water-like living being. I called the living being water-like because waves keep rising in it like water. Perhaps that is why water is called a deity. When the wave buried or say submerged below ends and existence-water reaches the surface level, then the soul starts feeling its peaceful state. Before it is fully felt, a new wave rises again, and the same process is repeated. This sequence continues indefinitely. In this way man is not able to attain peace of soul. Although soul is a calm state between the high wave of Satva Guna and the low wave of Tamo Guna. But it is said that it is experienced in the form of Kundalini awakening only when Satva Guna is at its peak. This peak of Satva Guna is attained only through the meditation of Kundalini Yoga. By the way, the intermediate state which we are calling Atma (soul) is not the pure Atma but the living soul that have all three gunas in equilibrium. What is experienced by Kundalini awakening is the pure Atma that's nirguna or devoid of gunas, not the impure living soul. Hence, there is no contradiction here. I think Buddhists find the changing Atman true because of this very same reason as only changing Atman though changing gunas has more chance to touch the peak of satoguna in the form of kundalini awakening rather than unchanging Atman.

In this way we can see that soul feels the three qualities of nature by imposing them on itself. It means that soul takes the form of nature itself. It means that it takes the form of the three qualities of virtual nature. When nature itself is non-existent, then how can its three qualities exist. This is called the illusory world. It means that all changes are false, but Buddhists consider momentaryism i.e. changeability to be true. Perhaps they have considered the union of Purusha and Prakriti as pure soul. Or it can be something else also. This is what is said in the scriptures that the world is made of the union of prakriti and Purusha. In reality, prakriti does not exist. It is virtual like a computer game, but the soul assumes

the form of this virtual prakriti and gives it existence. The real existence is only of the soul. That is why it is said in Advaita Vedanta that the soul is everything. There is nothing else.

But of course prakriti is virtual, but in practice it leaves its effect, which is visible on the soul. That is why the dualistic philosophy of Sankhya darshan in the form of Prakriti-Purushvaad is called a more practical philosophy. Although the influence of each other is visible in all the philosophies. Just look at the Apurvavaad of Purva Mimamsa philosophy. This philosophy says that Apurva that's 'as not before' is born in the soul due to any action done by its embodied being. That Apurva is destroyed only when the fruit of that action is received. That Apurva is the impression of darkness that falls on the soul due to that action, in which all the information of that action is hidden. When this imprint appears in the form of an event in a physical form, then we call it the fruit of that karma. Because the energy of that imprint or Apurva got weakened or destroyed by coming out. Therefore, the imprint of darkness recorded on the soul also gets erased. Perhaps, this is how karmas get weakened by yoga. Due to Kundalini Yoga, thoughts related to old karmas keep on pouring in the mind, due to which the shadow of darkness created by them on the soul keeps on getting erased. Of course, it gets erased more slowly than getting the fruit, but it does get erased. That is why it is said that sins get destroyed by yoga. Every activity of a person gets recorded on the soul. Whether it is physical or mental. No matter how cleverly or with how much detachment that activity was carried out. Perhaps, that is why it is said that nothing is hidden from God. The imprint recorded on the soul is what we call the sanskaras or subconscious mind. Whatever we learn or read, we do not remember it all. But we feel a kind of transformation inside us because of it. This is felt only because of the imprint they leave on the soul. This is why I feel that old memories are stored in the soul. The brain only works to express them in the gross form of waves. Consider the soul to be a subtle wave. Consider the old memories to be subtle audio-visual signals superimposed on it. Consider the brain to be a decoder and amplifier, which converts and amplifies the

subtle signals present on the soul back into gross audio-visual thoughts. The proof of this is that many people remember the events of their previous births correctly. Their body, brain, mind etc. of the previous birth were all burnt to ashes. Then how did those memories go to the next birth? They can go only by remaining on the soul, there is no other way.

Friends, I think I was connected to music in my previous life. In my dreams, I often sing songs in clear, sweet and soulful tunes, in an enthusiastic way alone or in crowd of procession, especially devotional bhajans of Goddess Mother. I have even recorded many songs after immediately waking up from sleep. I know an acquaintance of mine who prepares the entire song on the computer itself. Everything like music etc. is added by software. If the Goddess blesses, it is possible that an album of the bhajans of my dreams will be released soon.

Kundalini Yoga dispels the darkness of thought waves

Friends, in this post we are going towards a little deeper philosophy. If someone does not want to go too deep, he can even skip this post. Let us first understand the beginning of the formation of waves in the soul. First of all, the soul was completely pure. It was like God. Then it got attached to a body. The brain created a virtual movement or wave in that soul. The wave that was formed covered the eternal light of the soul. How much did it cover? As much as the effect of one wave was. Then the darkness of the soul increased further with the second wave. More with the third, more with the fourth. This continued. It is like the lesser number of leaves on a tree makes a less dense shadow on the ground. But as the number of leaves increases, the density of the shadow also increases. Single leaf has been likened here to a single thought wave. In a way, the shadow of the denser leaves contains the information of each level of the less dense leaves. This is because the greater quantity of something includes all the lesser quantities of that thing itself. The same happens with the soul. The darkness created by its higher waves includes the darkness created by each level of its lower waves. Or you can say that each type of wave created its kind of darkness in the soul. It means that whatever waves have been created till today, the darkness of their kinds has been created in the soul. It means that every thought wave is recorded in the soul as a special darkness like that wave. Of course, superficially we may not feel those darknesses separately in the soul. It is like the information of each type of leaves of a tree was recorded in the shade of that tree in its own time. When the shade of the new level of leaves is formed, the shadow of the old level of leaves gets erased. But when new darkness is formed in the soul from the new wave, all the old darkness created by the old waves remains recorded, they do not get erased. That is why by looking at the shade of the tree, only one shade is felt and the other older shades are not experienced. But on feeling the darkness of the soul, it feels like that darkness is one, but in it, various information of its countless living states or births

with countless bodies are recorded. However, this is a very subtle feeling and doesn't look like differentiated but a single one. This can happen only if every information is present in the form of a separate darkness. If all the other small darkneses of the soul were erased or suppressed in the big darkness of the soul like the shade of a tree, then all souls would be the same. And then the principle of karma-phala would also not be applicable. Meaning that if the information of any karma is not present in the soul, then its fruit would also not be received. But nothing like this happens?

It is worth noticing here that God did not forcefully bind anyone. He had just shown nature aka Prakriti to the soul aka Purusha. If the soul wanted, it could have rejected it. But it chose it by leaving its own eternal form. Due to this, it got bound. Meaning God wanted to give it the additional bliss of nature. But due to the attachment of the soul, the opposite happened, meaning its eternal bliss also went away.

If some leaves fall after the dense shade of the tree, then that old dense shade vanishes on its own and is replaced by light shade. But if a light wave is formed in the soul after the deep waves, then the darkness created by the old deep wave does not vanish on its own. Of course, a new and light darkness gets added to the soul with a new and light or non-attached thought wave. The shade of the tree does not stick to the ground, but it vanishes immediately with the removal of the leaves that create the shade. But the darkness of the soul remains attached to the soul. Of course, the thought wave that creates that darkness may go away, but the darkness does not go away. Perhaps it gradually goes away by regularly remembering that thought wave. Perhaps this is what happens with Kundalini Yoga.

Kundalini Yoga can reduce the ill-effects of the modern communication age

Friends, nowadays the mind does not have the same kind of emotions as it used to have before the advent of the modern communication age. In the old times, the mind used to have very sweet and subtle emotions. There were all kinds of emotions. There were feelings of love, kindness, friendship, happiness and many other kinds of emotions that came to mind. Those emotions were clearly reflected on the face as well. Even when in a high state, all these emotions were controlled and restrained. Nowadays, a person starts getting carried away by emotions very quickly. Now the mind does not have that power which can save it from the attachment of emotions and can stop a person from getting carried away by them. Today's generation seems emotionless to me. That childishness is not seen in children, even teenagers seem less like teenagers and more like children, and that youth is not seen in the youth as well. We have seen the old age as well, so we are not much affected by the new age, but what will happen to that new generation which has not enjoyed the experience of the old age at all. We can transmit our experiences to them with love. If they understand, they can transmit them to the new generation. In this way, human civilization can avoid going astray from the path of nature. Moreover, if in the olden times there were feelings of hatred, anger, jealousy, enmity etc., then they too were controlled and balanced. Man had so much control that he could reduce them and prevent their impression from appearing on the face.

I feel that invisible waves of communication are responsible for today's frustrated mentality. We call them electromagnetic waves in the language of science. At the physical level, they cannot cause any harm to this body, because they have very little energy. They are like the waves of sunlight. But I feel that even the waves of light have some effect on the subtle thoughts of the mind. That is why in the

evening when the sunlight is very low, at that time very beautiful thoughts arise in the mind. Similarly, yogis used to like to meditate in dark caves because there was no interference of light there. Also, films full of VFX mainly those of shady graphics appear much more blissful and full of emotions than the films full of natural light. Similarly, birds are seen in greater numbers at places where the signals of phones, TV etc. are weak. A film has also been made on this. Once I had to live in a remote valley where there was no mobile network. There I felt a unique peace like the old times. The emotions of the mind were also being formed well there. This means that although normal electromagnetic waves have minimum energy, they can affect the soul and its ability to experience. Scientists say that the pulsating electric current formed in the neurons of the brain generates the pulsating and invisible electromagnetic field that is what the soul experiences in the form of thoughts. If seen, communication based electromagnetic waves also exist in the form of changing electromagnetic fields. Therefore, if both affect each other, then there should be no surprise.

It is not difficult to guess from this that electromagnetic waves of communication means affect the thoughts of the mind. But still there is no need to be afraid of them. It is rightly said that where there is a will there is a way. Kundalini yoga increases the electromagnetic power of the brain so much that external electromagnetic waves have little effect on it. This happens during yoga but if yoga is done two or three times a day then this power remains throughout the day. In today's era, spending more time in an area free from electromagnetic waves seems like a dream. We cannot cover the entire earth with leather, but we can definitely wear leather shoes. It means that we cannot change the world immediately but we can definitely change ourselves according to the times.

Kundalini Yoga is the mother of minimalism

Friends, according to the common popular belief, minimalism is considered synonymous with liberation. This belief is formed by the scriptures. But I think the meaning of the scriptures is something else. If minimalism was the identity of liberation, then all the poor and beggars would be free and supremely knowledgeable. But in reality their condition is the worst. I think the meaning of this statement of the scriptures is that if a person is climbing the ladder of success in yoga practice, then he does not need to run towards materialism more than the minimum requirement. Because his race towards materialism can create obstacles in his yoga practice. Meaning, yoga practice is more important, not minimalism. Yes, if materialism is not creating obstacles in his yoga practice, then there is no harm in materialism. In fact, it is not materialism, but the race towards materialism that creates obstacles. Due to this, the energy that should have been spent in yoga practice is wasted in materialism or in achieving materialism. If someone is getting material happiness and prosperity for free, then it will only save his energy. He can use that saved extra energy in yoga practice. In the scriptures, minimalism like that of the fakirs or sages has been supported so that energy is not wasted by too much physical work and too much physical consumption. On the contrary, some physical labour should also be done and some physical consumption should also be enjoyed. This saves energy. This saved energy can be used in yoga practice. This is the middle path of Buddha. If someone is completely poor, then how will he consume pleasures in moderation in the absence of food and how will he be able to do moderate physical labour? This will certainly not lead to wastage of energy, but it will not save energy either. Similarly, if someone is very rich, then due to carelessness and ego, he will also not do any physical work and along with that he will also consume pleasures excessively. Due to this, his energy will not be saved and the remaining energy will also be wasted in enjoying pleasures. Then how will he do yoga. But if someone, despite being rich, does moderate

labour and moderate consumption of pleasures, and does yoga with the energy saved from that, then he will be considered a minimalist or a fakir. Meaning, by referring to minimalism in the scriptures, yoga has been indirectly supported. King Janak was very wealthy, but was still a yogi. Due to this, a minimalist nature developed in him by itself. Actually, the common people of the world have a low intellect, so they understand more about the basic things. People do not easily pay attention to yoga. That is why at many places in the scriptures, minimalism has been described as a synonym for salvation, not yoga. The sages must have been of the opinion that perhaps people will get into the habit of yoga by themselves due to minimalism. This must have happened in many cases, but I see very few such cases. Most people are entangled in minimalism and do not seem to be moving towards yoga. "Neither Maya nor Ram" means not getting enjoyment neither of this and nor of that world, seems to be a saying meant for those people who become minimalists but do not practice yoga. However, the most real and meaningful minimalism is the one that is born out of yoga.

Kundalini Yoga helped by green energy

Friends, life on earth has come under threat due to the indiscriminate use of fossil fuels. Global warming is increasing. The earth is constantly getting hotter. Glaciers are melting. There are chances that beautiful coastal regions may get completely submerged in water in the near future. The amount of greenhouse gases like carbon dioxide in the atmosphere has increased a lot and is continuously increasing. This has also changed the weather. There is drought during the rainy season and it is raining during the drought. This is causing huge damage to life, wealth, food and all other things. Farmers are in a bad condition. Their standing, ripe and harvested crops are falling prey to heavy rains. Heavy landslides are taking place due to excessive rainfall. Weather and nature seem to be angry and suddenly wreak havoc. There are severe floods, storms and hurricanes. Due to blockage of drainages by plastic waste, dirty water is filling the streets and causing diseases. The number of cities is constantly increasing, and villages are becoming empty. Getting peaceful solitude away from industrial noise has become a dream for people.

I see the solution to all these problems in green energy. Solar energy and wind energy are the best sources of green energy. If solar panels and windmills are installed on the roofs of all houses, then not only will the electricity needs of the houses be met, but additional electricity can also be supplied to industries and multi-storey buildings. With the development of technology, solar electricity has now become cheaper than electricity generated from fossil sources. One reason for this is that solar electricity can be generated only at the required place. This also prevents transmission loss. A lot of thermal energy is needed in areas like metallurgy. Direct solar thermal plants can be used for there. In it, solar energy is not converted into electrical energy but directly into thermal energy. This prevents the loss of energy during

the conversion of solar energy into electrical energy and electrical energy into thermal energy.

Now the best batteries are being made for storing electricity. Lithium ion batteries are more efficient and convenient than lead acid batteries. But even while extracting lithium from the earth, the environment suffers huge damage in the form of mining etc. Then its waste is also harmful. Sodium ion batteries are also developing rapidly. In the coming times, it can become the most environmentally friendly battery. Work is also going on green hydrogen, but its safety problem and storage problem are the two main problems. Their solution is also being found. Biofuels like ethanol prepared with the help of green energy are also being developed. This will also stop net carbon emission.

For all these reasons, green energy stocks are on the rise these days because people are expecting a growth in them in the future. The era of green energy will definitely come, the time may be little less or more. Although it is everyone's responsibility to support green energy, still a person should take a decision according to his financial situation, and should also take advice from a financial expert.

The biggest benefit of adopting green energy will be that people's habits will improve. This will make people's thinking positive. Due to this, people will start adopting an environmentally friendly lifestyle. Such a lifestyle is a yoga-oriented lifestyle. Because excessive activity harms the environment, people will stop it. Since hyperactivity also harms yoga, that is, the soul, so by stopping it, the soul or yoga will also benefit. Soul and yoga are synonymous words. Soul develops through yoga and yoga develops through the development of the soul. In this way, by adopting minimalism, man will manage his life with less environmentally destructive resources. Also, by producing green energy at home, man will not need to live in crowded energy intensive areas. This will reduce the burden of cities. By living in solitude, man will be able to produce all the energy he needs naturally. Water can be extracted from the

ground with it. Kitchen gardening can be done with it. He will be able to charge his vehicle with green energy and transport the goods he needs. By using clean solar energy, his mind will also remain clean. Due to this and the effect of solitude, his inclination towards Kundalini yoga will increase automatically. When his soul becomes very pure due to yoga, then a time will come when he will like to use only natural things. For example, instead of an electric bulb, he will like an natural oil lamp for it's too natural to be spiritually exciting. He would prefer to travel by bicycle or on foot instead of using a car etc. Then in a way, green era will transform into the yoga era.

Kundalini Yoga is the main motive of the soul getting birth inside a body

Friends, how can one's complete personality be seen in darkness? I mean how can a living person be felt in the darkness of his soul. This can only happen if all the things said and thought by him, all his behavior and all his work done in his lifetime are recorded in that darkness. Everything should be recorded separately in that darkness. If the same darkness keeps increasing or decreasing by all, then that darkness will be considered inert. Just like different types of light in the form of different objects on gradually fading keep increasing the single and the same darkness of the night. By looking at the darkness, it is not known that which types of light in the form of different types of objects are contained in it. But while feeling the darkness of a person's soul, we feel that different types of light in the form of different types of objects present in that person's mind are contained there. However, still one undivided darkness is felt. This is surprising. Perhaps the same thing happens in black holes as well. There is only one undivided darkness in it, but if someone feels it through yoga etc. then perhaps all the substances swallowed by it can be felt in it, of course in subtle form. Science also says that information never gets destroyed. It is possible that in a black hole also, information of all separate substances is recorded or encoded in separate form. Then when a new universe or star is formed from that black hole, then that information again appears in the same gross form as earlier. However, science does not believe this. Therefore, consider it a thought experiment. Anyway, there are many areas, which are beyond the understanding of modern science. Spirituality is also one of them. That is why it is said that the soul is conscious. It means that it has everything that is in the mind of a living being in various forms. Of course, it is in gross form in the mind and in subtle form in the soul. But this is just a matter of saying and it is relative. While feeling the soul, we do not feel even the slightest difference between gross and subtle. We feel the

entire living person as that dark soul. Even the soul itself feels that it is fully alive as before. Although it knows that now it has been freed from the bondage of the body, but it does not see any change in itself. It means the same old personality but in a new form such that it acquires additional qualities like comprehensiveness, immortality, of course not fully like God but in a relative form. It means that the soul itself is present in the form of what is called subtle body in the scriptures.

The subtle body of the scriptures is the soul itself. The subtle body has been described in detail only to embellish the words. The subtle body is said to consist of the soul, intellect, mind, ego, five sense organs, five organs of action and five breaths. It means that the soul can think, take decisions, feel its ego, can breathe, can listen, can speak, can smell, can feel the touch, can see, can work with hands, can walk with feet, can taste with tongue, can do the work of genitals and genitals. Then why does the soul take a body? Perhaps so that it can get waves. And also so that it can develop and reach God. It is said in the scriptures that the soul takes birth only to attain love. It is the same thing. Love is created from the waves of the mind. Why not say in simple words that the soul takes the body only for Kundalini Yoga, because only through Kundalini Yoga, love increases and by removing the impurities of the soul, the soul also develops.

So I am saying that the soul had talked to me. If it talked, it must have thought as well. If it thought, it must have taken a decision as well. If it talked to me, it must have seen me and listened to me as well. It must have felt itself or its ego, only then it would be able to talk. It means it had all the sense organs. Speech, that is, organ of speaking, is considered a sense of action. It means it also had sense of action. Along with that, it was telling me about a special activity going on at a faraway place which could have influenced me. It means it went there on its feet. It enquired about it and informed me about it. Feet are also sense of action. At the time of its physical state, that soul did not know anything about that activity. The body needs life and vital air to do so many

things. Without air, even a leaf cannot move. It means the soul was doing the work of life without inhaling vital air or breathing. In other words or to explain, the sages have written that the subtle body i.e. the soul also has five vital breaths, which help in performing various tasks of the subtle body. The soul is the most important element in the subtle body as it is its base. All the other elements are dependent on the soul as they are based on it.

Kundalini Yoga increases the soul's consciousness that propels it to heaven

Friends, knowing the state of the soul after death is a very complicated task. Yamraj had told this secret to Nachiketa of Kathopanishad out of compulsion to fulfill his promise of giving a boon. Yamraj had said that no one knows the complete secret except him, even the gods etc. The soul is endowed with a subtle body. It means that the soul can do all the work done by a living being. Then does the Supreme Soul also have a subtle body? The scriptures say that the Supreme Soul is beyond the gross, subtle and causal bodies. But then how can the consciousness of the Supreme Soul be proved like that of the soul? Consciousness is proved only by the body and the work done by it.

It is said in the scriptures that when the time of Pralaya was over, the Supreme Soul expressed his wish that he was getting bored alone, so he should change his form from one to many. This started the development of the universe. Desire comes from the mind, and decision is made by the intellect. The ego of one's own feeling is present in the Supreme Soul too. This is pure ego, not distorted arrogance. Then the work of creation and development of the universe, which is supposed to be done through the organs of action and knowledge, was being done by God in a way. He is doing the same even today. The life force or pranas that operated those organs was also inside God in a way. This means that all the organs or qualities of consciousness are originally of God. The Gita also describes the Lord's form with a huge body. In this form, the Lord has innumerable characteristics, such as He has many faces, many eyes, many arms, and many legs. Later these consciousness expressing organs and qualities were created in the ordinary organismic or human body, in which the soul started residing. The soul is also a part of God. After coming into the body, it forgot the infinite consciousness of its original God-form and got bound to the limited consciousness of the body. Then whatever

consciousness the body had, the same amount started residing in it. After the death of the body, the consciousness of the body used to merge into it as subtle body. That is why the consciousness of the soul of animals is less developed. That is why the soul of an animal does not come to meet anyone nor can it talk to anyone, because the animals themselves are not able to talk. The fact that God has been described as being beyond the three bodies, it seems to mean that these three bodies are of God too, but He is not bound by them, and does not waver even a bit from His complete Sachchidananda form. Isn't this surprising? This is the highest level of detachment. Overall, there seems to be no religion greater than detachment. I feel that all religions and rules are contained in this. Humanity, which is the most basic foundation of religion, is also connected to detachment.

Yes, so we were saying that a person's consciousness goes into his subtle body after his death. The scriptures also prove this point of mine. It is mentioned in the scriptures that one attains heaven by doing good deeds. By doing good deeds, a person's nature and outlook also become good. Due to this, his subtle body also becomes good. It is said that only a good subtle body can attain heaven. The gross body cannot go to heaven. There is also a saying that one cannot go to heaven without dying. It means that the consciousness of a person's subtle body which increases due to his good deeds, is what gives him the happiness of heaven after death.

Consciousness is happiness, consciousness is knowledge, consciousness is bliss. Heaven is happiness, heaven is knowledge, heaven is bliss. Similarly, the scriptures say that one goes to hell by doing bad deeds. By doing bad deeds, a person's nature and outlook also become bad. Due to this, his subtle body also becomes bad. Bad subtle body is said to go to hell. It means that the consciousness of a person's subtle body decreases due to his bad deeds, that is, its inertia increases, and that itself gives him the pain of hell after death. Inertia or unconsciousness is ignorance, inertia is sorrow. Hell is ignorance, hell is sorrow.

It is clear from these things that the consciousness of the soul increases through Kundalini Yoga. Soul is synonymous with the living soul here. The pure soul should be called the Supreme Soul. It is already supremely conscious. How can its consciousness increase? At many places, confusion is created by differentiating between soul and living soul. Well, it is not like that. They are explaining in detail. However, even if the word soul is used for both soul and God, the meaning of the word should be understood according to the subject. But not all people have the same level of intelligence. Kundalini Yoga clears the garbage of thoughts in the subtle body. This gives the man the power to work and to acquire knowledge. He does this with detachment because yoga makes his nature like this. Also , detachment saves his power from being wasted uselessly. He does good work because most good works are done with detachment.

Kundalini Yoga makes an artist get rid of the clutches of the fake image of his film character and recognize his real self

Friends, all the experiences of the world are experienced by the soul. The soul itself becomes like the waves of the mind and feels itself as waves. This means that the soul is like an imitating monkey. It keeps on imitating the mind. The soul cannot feel anything else. It can only feel itself. To feel someone else, it takes the form of someone else and feels itself. Not someone else directly. This means that even if it does not become like someone else and remains in its original form or real form, it will still keep feeling itself. An artist takes the form of a joker and feels himself as a joker. Even if he does not become a joker, he will still feel himself as his original artist form. Sometimes he takes the form of a villain and feels himself as a villain, and sometimes as a hero. But his original artist form remains unchanged. A joker also eats food, a villain also eats food. A hero also eats food, and the original actor also eats food. This means that all the forms of the original actor do the same basic work. They only look different from the outside. Similarly, the original soul also does all the work. It does all the work in the form of a human being, and also in the form of an animal, work means all the basic works of life. All the forms look different only from the outside. There are many actors who get so immersed in their fake forms that they do not even notice their real form. It is said that the legendary film actor Rajesh Khanna was also one such artist. He used to play the role of his character very well. He used to bring life to his character. So it is natural that it would be difficult for a person to come out of that character. Due to this, he used to get depressed in his real life, and often remained lost in the memories and emotions of the fake forms of his art.

Almost the same thing happens with the soul. It remains happy in the memories of its various forms of bodies and

almost forgets its real original form. Perhaps this happens more with those who work in the world with a lot of materialism and quality or with dedication or attachment. However, they soon understand this problem and come out of it. Those who spend their lives in such an easy going way or in comfort, do not come to know about this problem till their last breath, due to which they are not able to come out of it. This is a complicated matter to understand.

The scriptures say that the soul is full of consciousness. It needs to be simplified through writing art. Consciousness in the soul means that the soul does all the work like a conscious human being and also enjoys all the fruits in a similar way. Now if the soul does all the work like a human being, then the presence of all the organs of action is automatically proved inside it. It means that the five organs of action, hands, legs, speech, genitals and excretory ones, which do different work, are present inside the soul. Similarly, if the soul enjoys all the fruits like a human being, then the presence of all the sense organs in it is automatically proved. It means that the soul has all the five sense organs, eyes, ears, skin, nose and tongue, which enjoy the fruits or knowledge. Look, there is a need to understand a little. We have to grasp the effect, not the method. The main effect that expresses consciousness is bliss. All the organs of action and sense organs manifest this effect as bliss or say happiness, that is, they all manifest consciousness. So the consciousness of a creature varies according to the developmental status of its action organs and sense organs. Because the original soul is the form of supreme bliss, therefore, since the effect of consciousness is infinite there, the consciousness will also be considered infinite in it or say it will be called supreme consciousness. When the effect became infinite in it, then the methods that produce that effect are automatically proved to be infinite. It means that all the organs of action and sense organs are present in the soul in an infinite form. This is the description of the Virat Roop in the Gita, in which his thousand hands, thousand feet, thousand faces etc. are mentioned. When the soul takes birth in the form of a human body, it is acting as a person with limited consciousness. Means its

consciousness is limited by the limited capability of its body. It is like a billionaire actor playing the role of a beggar in a film. By being in the role of a beggar, his consciousness decreases a lot. His organs of action are weak and they perform very few actions. Similarly, his sense organs are also weak and they experience very few fruits. It is possible that a billionaire actor may forget his real form and remain trapped as a beggar for the rest of his life. This happens with most souls. They forget their supreme conscious form and remain bound in the form of human bodies with limited consciousness. Perhaps this happens due to attachment. When attachment is eradicated through Kundalini Yoga, the soul recognizes its pure original form in the form of awakening. Recognizing is a different thing and attaining it is different. Yes, it is definitely true that recognizing something makes it easier to attain it. From my dream soul interview, it seems that the soul can do all the work of the concerned body at the base level. The basis of experience is the soul itself. With the help of the body, that experience gets more grossness, fluctuation and changeability. But man, caught in this glitz and glamour, forgets the basic experiences of the soul.

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Kundalini Yoga can decode the subtle body completely

Friends, we were talking about how action and effect are interconnected. This mutual effect is often called the *karya karana sambandh parampara* or cause effect relationship in scriptural philosophies. The soul produces effect through action and the Supreme Soul produces action through effect. It can be understood like this. The soul enjoys consciousness through the activity of its body. But the Supreme Soul is already full of consciousness, so his body keeps on functioning on its own. Not the activity of the common body, but the activity of the colossal body in the form of the universe. Because the consciousness of the Supreme Soul is infinite, so the body that acts due to it will also be infinite. Infinite air flows in the form of His breath. Innumerable suns shine in the form of His eyes. Innumerable works of the universe take place in the form of His arms. All the works of the universe are connected to each other in the form of His feet. Just as a man walks from home to the field and from the field to home on his feet. Therefore, the works of his house and field are connected to each other. Because all the activities of the entire universe are connected to each other. This will mean that God has innumerable legs, with which he can go everywhere at every moment. Similarly, if we start describing all the qualities of God, then not just one but innumerable books will be published. That is already well done in scriptures. The main question here is how does the bodiless soul or subtle body do all the work of the gross body?

Of course, the subtle body does all the work in a subtle form, but how does it do it? Here also, perhaps the story of action and effect will work. All the actions that a particular body has done from the beginning, get recorded on its soul in the form of a shadow of darkness. Meaning, the effect of those actions was received by it in the form of consciousness during its lifetime. But after death, it got recorded in its soul in the form of unconsciousness. Both consciousness and

unconsciousness are relative to each other. In a living being, both of these are connected to each other. But God has absolute consciousness, because it is not dependent on any physical substance. The consciousness of a living being is dependent on its physical body. Hence, when its body gets destroyed, its consciousness also gets destroyed. However, consciousness is never destroyed, rather it remains encoded in his subtle body as unconsciousness. This means that his subtle body is made up of unconsciousness. However, this unconsciousness is as much as his consciousness used to be. All the data of his consciousness remains recorded in his unconsciousness. Perhaps this is the reason why he gets the fruits of his actions. Just as night becomes day and day becomes night, similarly the consciousness and unconsciousness of the soul keep on creating each other sequentially.

Now we go back to the mutual relationship between action and effect. The effect as consciousness in the soul is not unlimited like God. This effect in the soul is limited, hence the action or cause from it will also be limited. Because the effect in the soul without a body will be the opposite of the soul with a body, hence the action will be the opposite. The opposite does not mean that the opposite works will keep happening, but that those works will be in the imprint or subtle form. Therefore, whatever the soul with a body in the gross form thought, its consciousness increased from that. That consciousness will be recorded in the soul. With that recorded information, it will experience its thinking in its bodiless state. However, not the same experience as its living body used to have, but in a subtle and waveless or unchangeable form. This becomes the mind of its subtle body. The decisions that the living soul used to take while in the body, with the help of intelligence, also increased its consciousness. That too will be recorded in the soul. With that recorded information, it will experience its decision making after death. However, not the same experience as its living body used to have, but in a subtle and waveless or unchangeable form. This will be the intelligence of its subtle body. The egoistic feeling that the embodied soul used to experience, increased its consciousness. That consciousness

will be recorded in his soul in a subtle form, that is, it will be recorded in the form of equivalent unconsciousness. With that recorded information, it will experience its egoistic feeling. However, not the same experience as its living body used to have, but in a subtle or waveless or unchangeable form. When there is no body, then waves cannot be formed. The consciousness that the embodied soul used to experience due to the work done by the organs of action, increased with it. Whatever it was, got recorded in the soul in a subtle form. From that recorded information, it will get the experience of its organs of action. However, not the same as its living body used to experience, but in a subtle and waveless or unchangeable form. The embodied soul, which experienced the work done by the sense organs, increased its consciousness with that. That consciousness will be recorded in the soul in a subtle form. From that recorded information, it will get the experience of its sense organs. However, not the same as its living body used to experience, but in a subtle and waveless or unchangeable form. The embodied soul, which experienced the five pranas (breaths) within itself, increased its consciousness. That consciousness will also be recorded in the soul in a subtle form. From that recorded information, it will get the experience of its pranas or breathing. However, not the same as its living body used to experience, but in a subtle and waveless or unchangeable form. In this way, the complete subtle body of the soul is formed. It is completely like its nearest gross body, because it has the greatest influence. Although the living soul has taken birth in countless species, therefore the soul experiences mainly its latest birth events in the form of its changeless and waveless dark subtle body even after death. Means It keeps experiencing its nearest body more. It does not feel that its body has been destroyed or has died. The only way to completely decode this subtle body is through Kundalini Yoga.

Kundalini Yoga makes the world dissolve into the senses, the senses into the mind, the mind into the intellect, the intellect into the ego and the ego into the soul

Friends, this discussion on the subtle body is much progressing. I wanted to start a new discussion, but what is that the discussion goes through stages just like the evolutionary process of the universe. It begins, grows, and ends by producing a conclusion. No one can control it. This post also seems to be concluding to me. But still I don't know how far it should go further.

We were talking about how the bodiless soul experiences itself as a subtle body. The stories of all its previous births are present inside the soul in a subtle form. It feels them as a subtle body. All this is fine, but without a gross body, how will it communicate with others? And how will it develop? See, sometimes it feels one part of the previous births more and sometimes another. It is like the soul with a body sometimes has one thought in its mind, sometimes another. First that thought is also felt in the soul as a subtle experience. After that experience, through the waves of the mind, assumes grossness in the form of that thought. That thought then comes out of the mouth in the form of words and becomes even grosser. When that word does a similar work, then it becomes even grosser in the form of the effect of the work or the world. In this way, grossness keeps on increasing. In this way, the soul expands in the entire world. In the end, this world shrinks and again gets absorbed in the soul. Then the whole process starts moving in the reverse direction. The gross objects of the world become subtle and get absorbed in the organs of action and knowledge. It is like this that the world gets absorbed in the chakras. That is why chakra sadhana is the most important part of Kundalini yoga. By

meditating on the chakras, the memories related to the actions and the fruits produced by them or say senses for all of them come in the mind. Anyway, it is said that all the seven chakras are connected to all the senses of the body. It is said in this way that senses get absorbed in the mind. The mind then becomes even more subtle and gets absorbed in the intellect. Meaning that when the thoughts of the mind are dissolved, the intellect becomes sharper because the energy of the brain which was being consumed by the mind is now given to the intellect. The intellect then becomes more subtle and merges into the ego. Meaning that when the energy used by the intellect is not wasted in worldly affairs, it also merges into the ego. Ego means darkness. When a man rejects everything, only darkness will remain. In this darkness, when a man lights the flame of Kundalini through Kundalini Yoga, then in the awakened state it dissolves the ego into the soul, meaning that the experience of the soul is attained for a few moments in the form of Kundalini awakening. This whole game is of energy. When it was extrovert, it kept expanding outwards in the form of vibrant world. When it became introvert, it kept shrinking inwards and finally through Kundalini Yoga, Kundalini got expressed and through that energy it merged into the soul.

This ego is like the soul but it has less consciousness than the soul. Call it the living soul because the entire past history of man is hidden in it in the form of subtle codes. In the end, when the body is left, the ego also merges into the soul. After leaving the body, the ego does not merge into the soul but merges into the living soul. To merge into the soul, one has to experience the awakening of the Kundalini. During the experience of a few moments of awakening of the Kundalini, that ego, that is, the man's own basic form of the living soul, merges into the soul. However, after that experience, the ego comes back again because no one can live life without the ego. Without it one would be as a perfect and pure soul, but the man having it will be completely like a stump of wood. He will have no reaction left towards the world. Well, when the energy of the ego does not escape, that energy gives rise to Kundalini awakening. All this happens only through Kundalini Yoga. All these elements live in the soul in a subtle form.

Sometimes they come out of the soul, sometimes they get absorbed in it. In the scriptures, we find a similar description of creation and destruction, life and death. Even the journey from ignorance to knowledge, that is, from bondage to liberation, through yoga sadhana, is also described in a similar way. Actually, all these processes are the same. There is only a difference in the mindset, purpose, and methods of the process. Here, merging of something into something does not mean that the thing ends. Rather, it means that it becomes subtle, that is, it gets transformed into energy and appears in some other similar form. This is like the saying that the ocean is contained in a pot. It is said in the scriptures that the soul keeps expanding and withdrawing this world from within itself, just like a tortoise takes out its limbs from its shell and keeps withdrawing them inside its shell. Another example given is that just like a spider weaves its web with its mouth and then swallows that web in its mouth, similarly God also creates the entire world from himself, and finally merges it in himself.

Kundalini Awakening can help ego to be properly identified and properly removed

Friends, the things said in the scriptures have deep meanings. As we were discussing that Yoga goes from grossness to subtlety. Death or Pralaya is also called going from grossness to subtlety. Then what is the difference between Yoga and death, let us understand it a little more deeply. The subtlety of death stops at the ego. But the subtlety of Yoga reaches the soul. The soul is the last limit of subtlety. There is nothing more subtle than the soul. It also has an attraction like a black hole. The one who finds it, never returns to the physical world again. Then forever the subtle and infinite world of the soul becomes his world. On the other hand, the subtlety of death stops at the ego. Man's ego is undoubtedly subtle, and all the past activities of man are recorded in it in the form of subtle codes. But still it is as gross as a mountain in front of the most subtle soul. There is absolutely no trace of the gross world in the soul, not even in a subtle or code form.

Some people call this ego the soul. Some people call it the subconscious mind. Some call it as subtle body. All this is a jugglery of words. It is the same thing. It is called ego or ahankar because it appears to everyone in their own form, not in an alien form. But in reality, it is not one's own form. That is why ego is called false and deceptive in the scriptures. The Sanskrit word "aham" of ahankar itself means "I". The world with which a man deals is in an alien form. Like a man says that he drove a car. He does not say that he drove himself. But he does not realize that those alien things of the world, while in a subtle form, create and increase his ego as his own form.

As per the above, man's ego i.e. subconscious mind is filled with all alien things. But man never considers them alien. That is because they are in a very subtle form. They are so closely attached to the soul that they do not leave it even

after death. They always travel with the soul of a man in different births and in different worlds. That is why they appear as its own form to the soul. In a way, man keeps roaming around the whole world with them. It is said that so and so's life is over and he has left this world. But the world never leaves him. It remains with him in the form of his ego.

The shadow of every alien object or alien thought remains recorded in the soul of a man in the form of ego. Many people skilled in worldly affairs make big claims or pretend that they do not have ego, but it is impossible. Many great egoists roam around pretending to be enlightened. I am not talking about the originator of any religion. The shadow of the world will remain on the soul, no matter how much the man tries to protect himself. Yes, if he keeps doing Kundalini Yoga along with it daily, then that shadow will become weak and the shadow formed will start disappearing. Then we can say that a certain man has very little ego. The meaning is clear that Kundalini Yoga is the measure of someone's ego, not worldliness.

Either a person should consider the gross world as his own form like the subtle world of his ego or he should not consider anyone as his own form. The problem arises when the gross world is considered as someone else's form and the subtle world is considered as one's own form. When a person considers the gross world as his own form like his ego, then his attachment towards it will reduce. Who gets attached to himself? This will create a less deep shadow on the soul. This will reduce the ego itself. If a person considers the ego as someone else along with the world, then he will incline towards Kundalini Yoga Sadhana and with its help will surely want to remove the alien and putrid thing stuck to his pure soul.

The common man does not know about his pure soul. That is why he considers his ego as his soul. But with Kundalini awakening, a person experiences his pure soul. Of course, the experience of Kundalini awakening and the experience of the soul associated with it lasts only for a few moments. Due

to this, the ego clearly appears as someone else and stuck to the pure soul due to ignorance. This ignorance is the ignorance of the soul, which has been advised to be eradicated by knowledge of the soul everywhere in the scriptures. It means that indirectly the advice of Kundalini awakening has been given, because only then will the knowledge of the soul be attained, that is, the experience of the soul. The knowledge of the soul is not like bookish knowledge that you read and it is done, as many people think. Rather, it is the direct experience of the soul. In any case, one can only read about something else. How can one read about oneself? One can only feel oneself directly. Therefore, an awakened person, that is, a self-aware person, keeps trying to remove the ego in the form of a poisonous vine through various types of sadhnas including Kundalini Yoga. Perhaps in a philosophical style, the ego itself has been called the poisonous vine aka Vishabel, because both tend to cling, and kill the one they cling to. Similarly, the ego itself has been called the Akashbel that's sky vine. Akashbel means a vine that clings to the sky. The soul is clean and empty like the sky. Only the ego can cling to it, nothing else can cling to the sky. It is also surprising that ego does not leave safe even the empty sky.

The meaning is clear that Kundalini Jagran is not a permanent achievement. But its importance lies in the fact that it keeps motivating a person towards Yoga. Yes, not everyone gets Kundalini Jagran. That is why one is asked to keep company with an awakened person. Just like a person who knows about gold tells the entire world how to identify gold. In the same way, only an awakened person can tell the entire society the true identity of ego.

This is why Kundalini awakening has been given a lot of importance in the scriptures. In today's satsangs etc., of course the main preacher etc. are not awakened, but they repeat the words of awakened people written in the scriptures. This also works. That is why Vyas or spiritual storyteller is also given a lot of importance and respect. Of course they are not awakened, but they explain the words of awakened people to the listeners well with their philosophical cleverness and eloquence. We also try to do almost the same

on this website, because we keep trying to understand and present the spiritual facts of the scriptures to the world in a modern, scientific and logical form.

Kundalini Yoga destroys weeds in the nursery itself

Friends, the bullet train can stop, but once pen starts, it cannot stop. A thought came to my mind that in the scriptures, the ego has been called the subtle body. Although the subtle body has been described as being made up of the soul, ego, intellect, mind, five breaths, five sense organs and five organs of action. But it has also been said that all the deeds done by a man and all the fruits he enjoys dissolve in his sense organs. The sense organs dissolve in the breath. The breath dissolves in the mind. The mind dissolves in the intellect, and the intellect dissolves in the ego. So why not understand it in such a way that only the ego remains after death. It means that the entire life of a man is recorded in his ego. That is why there is a saying that the rope burned but the twist did not go away. It means that the body is destroyed but the ego attached to it is not destroyed. It is destroyed only when salvation is attained. Rishis often tell the wicked and demons that hey wicked, your ego will soon be destroyed. It means that man's ego does not last forever. It means that knowledge will be attained. Ego is not eternal like the soul. Being a shadow of the world, it is as false as it is. Someday or the other, it has to be destroyed. That is why it is said that Ram naam satya hai. It means that the soul is the truth which never gets destroyed.

The merger of karmas and fruits into the senses means that the experiences related to them got recorded in a subtle form in the chakras of the body. Yogis eliminate them by taking them out through Kundalini Yoga, so that they are not able to reach the ego and are not able to bind them with the fruits of karma. The merger of senses into life does not mean that the senses have been destroyed. It means that due to the decrease in the activity of the body, the senses have become weak. This saved the life force of the body that they used to get. That extra power became available to the body in the form of life force aka prana. The mind started feeling the power of that extra life force. That is why the mind of a

person wanders a lot while sitting. Those who practice Sakshibhaav Sadhna means witnessing meditation or Rajyogis weaken these thoughts arising in mind by remaining indifferent towards them. By doing this, they also do not get bound by the karmaphalam. But the method of Kundalini Yoga to crush the thoughts at the chakras itself is much easier and effective. If you destroy the weed in the nursery itself, it is better, because after reaching the field, it grows a lot and spreads in a very large area. When the mind is also controlled by yoga, its power is used by the intellect. That is why the one who controls the mind becomes proficient in many creative works such as writing, singing, poetry art, painting, etc. and gives the best creations to the world. All these works are done only by the concentrated mind as intellect, not by the ordinary mind as the wandering mind. Then when the intellect is also controlled or subdued by yoga, then the power of the intellect is used by the ego. Meaning, the intellect does not get destroyed but gets absorbed in the ego. Its all information gets locked in ego. That is why the ego of the one who makes a mark in the world with his intellect increases a lot. People start taunting him that his pride has increased a lot. People start getting jealous of him. When a man controls his ego through Kundalini Yoga, then its power starts to be felt by the soul. After the ego, only the soul remains to be attained. Although an egoistic man keeps running around in the world blowing his own trumpet, but when he starts doing Kundalini Yoga, the ego itself starts getting transformed into the experience of soul or Kundalini awakening. This is because only the soul is greater and wider than the ego. Ego is called Mahatattva because it is the greatest element or tattva. The things from which the world is made are called elements aka tattvas. Ego is the biggest among them. It is as wide as the sky. Of course, it is not the supreme consciousness like the soul. The soul is beyond all the elements of the world. It is because of this vastness of the ego that the soul that leaves the body has many supernatural powers. Many tantriks attain those powers by perfecting those souls. It is clear from all these things that the ego comprises the entire subtle body. However, it is like a sky as bright and dark as mascara.

After enlightenment, this process also goes on in reverse direction. Especially when the yogi starts entering the worldly life. His soul becomes a little dirty and turns into ego. Ego first comes out in the form of intellect. Then intellect becomes grosser in the form of mind, mind in the form of breath and breath in the form of senses. That's why it's seen that with good thoughts, good breathes start flowing. Also, with good breathes, senses are energized enough and cause good actions to be performed. Then the senses spread in the whole world in the form of various actions and fruits and create that man's own personal and limited world. However, then he becomes a Karmayogi like King Janak, and rarely gets into worldly bondage.

Kundalini awakening confirms that the truth is within rather than outside

Friends, according to the scriptures, the five senses form the five tanmatras. Tanmatras are the subtle forms of the Mahabhutas, which are experienced by the senses. This is an undivided experience, for example, the form tanmatra is the visible common form of all types of substances. It is common for stones, water, trees, etc. It means that water and earth are two different Mahabhutas, but their form tanmatra is the same. Both of them are visible due to this form tanmatra. The eyes senses receive only the form tanmatra of both of them, nothing else. This form tanmatra reaches the eyes through the rays of light. Similarly, the nose sense perceives the smell tanmatra. The ear perceives the sound tanmatra and the skin perceives the touch tanmatra. The tongue sense perceives the taste tanmatra. These tanmatras work to give experience to the senses and make them realize the five mahabhutas. This is why it is said that the Mahabhutas are formed from the tanmatras. When we perceive the form tanmatra of a stone, we feel the presence of something. When we also feel its touch tanmatra, we feel that it is hard. When we perceive its smell tanmatra and rasa tanmatra, we come to know that it is not food. When we also perceive its shabda tanmatra, we come to know that it is not an unbreakable metal, but a breakable stone. In this way, we come to know all the characteristics of any substance from the five tanmatras. Then why is it said that earth is created from the smell tanmatra, water from the rasa tanmatra, fire from the form tanmatra, air from the touch tanmatra, and sky from the shabda tanmatra. This is because out of all these tanmatras, only one tanmatra is the main one in any one Mahabhuta. The rest of the tanmatras are normal, or are available by mixing with other mahabhutas. Pure water is odorless. Therefore, the presence of odor tanmatra is not considered in it. But if hard pulses are cooked in it, then it will have a smell. That is why earth, which means a hard object, has been given the main quality of smell. Whatever we can

taste, we can taste it only when the food is mixed with the saliva fluid of our mouth. This fluid is like water. If the mouth is dry due to lack of hunger, then we cannot taste anything. That is why the water mahabhuta has been given the main quality called rasa. Rasa means taste as well as liquid. When the sun shines or a lamp is lit, only then we get the feeling of all the forms. That is why fire has been given the main quality of form. The most sensitive, good and pleasant touch is obtained from air only. That is why air is considered to be produced from the touch tanmatra. If there is a wall or mountain between two people, then their voice does not reach each other. That means there should be open sky to carry the voice or word. That is why the sky is said to be made of shabda tanmatra. Meaning, if we do not feel the Panchmahabhutas, then they will not be considered to exist. What is the significance of having a palace in darkness. All the Mahabhutas and the entire world made of them are in darkness, if no one can feel them. Then they are as good as non-existent. We feel them only through the tanmatras. Meaning they originated from the subtle tanmatras. This is the approach from inside to outside. This is spirituality. This is the true approach. The approach from outside to inside is physical science. This is a spiritually false approach. Yes, it can be true physically. But physicality itself is also false, of course, for practical purposes it has to be accepted as the working truth.

The truth is inside, not outside. This is the reality. This reality is directly experienced during Kundalini awakening, when the entire world is felt in that inner soul, which is located deep inside the heart or brain, and is generally felt as the darkness of the ego.

The dissolution of the Pancha Mahabhuta into the Tanmatra does not mean that the Pancha Mahabhuta like water, air etc. were destroyed. It means that the senses did not perceive the Pancha Mahabhuta as clear or separate objects or in separate forms. Rather, they were perceived as Tanmatras. The sea was not perceived as any separate and real entity. But it was felt as a mixture of Rupa Tanmatra, Rasa

Tanmatra, Touch Tanmatra, Smell Tanmatra and Shabda Tanmatra. It is like the computer was not felt as a separate object but was felt as a mixture of CPU, hard disk, motherboard etc. Meaning, in a way, the computer did not get destroyed but remained the same, but merged into its components. Anyway, Advaita philosophy says that the components are the truth, not the object made from the components. It can also be understood like this that the Rupa Tanmatra felt the form and shape of all things but the eyes could not observe those things deeply. Meaning, only the general form was known, not the differences in the forms. This general form itself is the Rupa Tanmatra. When the difference is felt in it, this general form starts appearing in the form of different objects. This means that Agni Mahabhoot is generated from the form tanmatra. The quantity of this Agni Mahabhoot is different in all objects. This is what happens with all the Mahabhoots.

Kundalini as the gatekeeper allows entry into the infinite kingdom of the soul

Friends, many people might think that if they reach the ego, they will automatically reach the soul. But this is not so. Nothing happens on its own. One has to make efforts for the soul till the end. Mind, intellect, ego etc. are just different levels to reach the soul. Those who do not make efforts will soon return from the ego as well. From the ego, one will come to the level of intellect. Then to the level of mind, then to the level of prana, then to the senses, then to the tanmaatras and then to the level of mahabhutas i.e. complete materiality. This cycle continues. Only yogis can reach from the ego to the soul. Although the soul can be attained by any means. But like everything else, there is a very easy and scientific way to attain the soul. That is, first behave like a karma yogi at the level of the five mahabhutas. Karma yoga lays the foundation stone to reach the soul. Then with the passage of time or after working hard at this level for a few years, the man himself feels that he is being transformed. He himself enters the higher level of Panchtanmatra. It means that when he looks at something, he feels that he is feeling the form. While looking at different objects, he does not feel anything different except the common form. This is a feeling similar to Advaita. Similarly, while hearing different types of sounds, he feels only a common sound. He does not feel much difference between those sounds. While experiencing different types of taste, he only feels the common rasa bhaav. He does not see them separately. While feeling different types of touch, he does not feel different substances. He only feels the sensation of touch, which is sometimes more, sometimes less, sometimes of one kind, sometimes of another. It means that he does not feel the difference between substances, but feels fluctuations in sensation. Still, it is only sensation that occurs. He does not see different types of odorous substances separately, rather he feels only the smell tanmatra in all of them in different virtual forms. If he maintains Karma Yoga and

Advaita Bhaav, then he enters the higher level of Panch Karmandriyas and Panch Gyanendriyas from the level of Panchtanmatra. It means that now he does not feel the sensations of these five senses and the sensations of the five karmendriyas in external objects but in his own senses. It means he feels that these sensations are not arising outside but in his senses. Then what kind of attraction is there towards the senses of his own body. Therefore, he does not get attracted by those sensations and starts moving inward automatically. However, if he gives up spiritual efforts, then he can fall down from this level and again fall to the level of Panchtanmatra and Panchmahabhoot.

If he maintains Karma Yoga and Advaita Bhaav, then he gets elevated to the level of Prana. In this, his breath starts becoming long and deep in at times. If we see, each level lasts for a long time and also all the levels keep working together. Especially with the Karmayoga obtained from Sharirvigyan Darshan, all these levels also keep working together. Yes, then the mind becomes active by taking a long and deep breath on its own. When a person takes this long breath for a long time with Kundalini Yoga, then he gets more benefits. It also seems that on reaching the level of Prana, one gets more benefits from Kundalini Yoga. Although, it can be done before this also. When the mind also starts getting controlled by Sharirvigyan Darshan and Kundalini Yoga, then the person reaches the level of intellect. The intellect will also start searching for the soul only if it is deliberately directed. When the intellect is also controlled by Kundalini Yoga, then it will dissolve in the ego. Everything will be hidden in the ego in the form of dark soul. That is why in this state the image of Kundalini always remains in the mind. This is because the energy of the brain has to be spent somewhere or the other. If the Kundalini picture is forcefully removed, then that energy can again run towards the world. Therefore, to reach the soul, the help of Kundalini will have to be taken. At this level, if intense and tantric Kundalini sadhana is done, then the ego dissolves in the soul due to Kundalini awakening. If this is not done, then the person can gradually come out of the ego to get expanded and lost in the outside physical world again. It means that Kundalini is like a gatekeeper

standing outside the divine palace of the soul. Only if it is respected and supported, only then one will get entry into the infinite palace of the soul, otherwise one will have to keep wandering in the jungle of the outside world.

Kundalini Tantra protects us from ego

Friends, after awakening, man's intelligence almost vanishes. It would be better if we call it the destruction of dualistic physical intelligence. He keeps making spiritual progress. This is because physical intelligence is born from ego. But immediately after awakening, ego almost vanishes. The man is always surrounded by a non-duality form light. I am not talking about sleep. Everyone feels darkness in sleep, but even the darkness of sleep does not hurt because of the nondual light while awake. It also becomes pleasurable. Ego is just a name for darkness. It is the darkness of ignorance. Many lucky people get a chance to live in this ego-less state for a long time. But many people start adopting ego soon because they feel troubled or deprived by the world. Many people, who are completely healthy physically, remain safe from ego even in the midst of that worldly chaos by practising advanced Tantric Kundalini Yoga. They also maintain a working intelligence and do not let ego gain a foothold. But when they are unable to do tantric kundalini yoga properly due to physical weakness or illness, they also start getting caught in the clutches of ego. As soon as they come under the grip of ego, their intellect starts running like a bullet train. Do this, do that. This responsibility, that problem. In this way, the intellect establishes itself completely by making hundreds of imaginary excuses. When darkness settles inside, then darkness will be seen everywhere outside as well and man will keep struggling to escape from it. If the darkness inside is eradicated, then it will disappear outside on its own and man will be able to sit peacefully. Wearing dark glasses, everything outside looks dark. If you remove the glasses, everything starts appearing clear. Then with growing intellect how can the mind stay behind. When the intellect has generated a good income, then the mind will definitely tempt to enjoy it. Sometimes it will dream of going to the cinema, sometimes of a picnic. Sometimes of a trip to the mountain, sometimes of eating and drinking. Sometimes of doing this, sometimes of doing that. Along with these dreams, countless other thoughts also

start arising. In this way, the whole world is created in his mind.

When a person starts following the thoughts of his mind, then his breath will definitely become fast. Because it involves hard work. It means that a person reaches the level of prana. Those breaths give the senses the power to enjoy pleasures and work with them. Initially, he feels the bliss of pleasures in the senses, not outside. Later, when he starts paying more attention to the object being enjoyed, then he feels that some subtle things come out of them and come in contact with his senses, which they feel. They are tanmatra only. Then, by singing more praises of the objects being enjoyed, he starts feeling that this experience of pleasure is in the objects of enjoyment only. This increases his attachment to those objects, due to which he starts studying those objects in depth. It means that the Pancha Mahabhutas that's five major elements are created.

We want to make it clear here that we are not saying anywhere on this website that this should be done or that should not be done. Everyone has their own personal problems and needs, according to which everyone has to act. It is better if a person takes a decision himself after understanding it rather than it being forced upon him. Perhaps this started happening in our culture, that is why spiritual and scientific knowledge declined. We only present the principle side. The truth must be known, whether to follow it or not depends on the person's own choice. Mahatma Buddha says that rising and falling continues in life. But the evil lies in the fact that a person is fallen and does not understand that he has fallen. The one who is aware of his fallen state will definitely try to rise when he gets a chance. But the one who is not aware of his fallen state will continue to live in the illusion of considering his state as normal state or raised state and will not be able to try to rise even when he gets a chance.

All this is described in detail in the scriptures, but nowadays people's understanding about them has become distorted. I

once read in an article that respected Mahesh Yogi ji also said about similar. He has a good influence in foreign countries. However, some allegations have been made against him by his opponents. As per that article the ancient Hindu Sanskriti in India has become distorted. Means I also think these scientific facts have been covered by defects like unscientificity, helplessness, slavery, poverty, conservatism, stupidity and fanaticism. However, this feeling depends on various factors like the way of looking at something, level of spiritual and material development, cultural environment, place and time etc. One person may find something bad, while another person may find the same thing good. The feeling towards which more people or more power centres are inclined is considered acceptable in the society or the world. Still These facts need to be brought out of these defects. With time, every culture starts getting blamed. Many cultures of the world have become history due to this reason, but despite being among the oldest cultures, Hindu culture has survived till today because from time to time various philosophers and social reformers have been trying to remove the allegations on it. Today, this allegation seems to be at its peak. Therefore, to remove this also, positive intellectuals with a scientific outlook will have to come forward. By the way, we want to tell that we are not with any religion etc. but with the truth.

Kundalini yoga with television films and cinema movies

Friends, we can understand the illusion of senses with one more example. When we listen to the sound of a television placed far away through Bluetooth earbuds, we feel that the sound is being produced in the television, whereas it is being produced in our ears. The more we are attached to a scene on television, the more we feel that scene inside the television. When we start watching without attachment or get bored, or our ears get tired, then we feel that sound inside our ears. Meaning, the sounds produced in the ears and the images formed in the eyes together had created the Pancha

Mahabhutas present in the scenes shown on television. When we got bored or tired, we did not pay much attention to the scenes on TV, due to which only the sounds and images remained, as if the Pancha Mahabhutas merged into Tanmatras. When we got bored of the sounds in our ears and the images in our eyes, we stopped paying attention to them. Our ears and eyes were tired, that is why we were feeling tired. Or you can say we fell asleep or switched off the TV. Due to this, the tanmatras also vanished, and only the ears and eyes remained. It means that the tanmatras merged with the senses. After waking up, the senses became fresh, but those sounds and images were no longer there. The senses did not have the strength to start working immediately, because they were still compensating for themselves. When the senses became calm, the prana vayu started flowing properly. When the senses were busy watching TV, the attention was diverted from the breath and was on the TV. You must have noticed that when we are watching an entertaining program on TV, our breaths get stuck. If at that time we try to take long and regular breaths while concentrating on the breath, then watching TV becomes less enjoyable and we feel like switching it off. This also proves the importance of breathing and pranayam for becoming introvert. This also gives the message that when the senses are tired, one should do pranayam. This also relaxes the senses, and when the mind becomes active, happiness and light remain in life. Yes, so when the senses became calm, the sensations that were being felt by them, got merged in the prana. Prana is just the breath and those sensations cannot remain in it for long. Prana in a way takes the sensations from the senses to the mind. It does not feel those sensations. We can understand it like a postman who carries letters from here to there, but does not read them himself. The mind comes into action with support of the prana. The sensations felt by the senses start overflowing in it, although now in the form of the mind, because now the TV scenes that helped in the creation of those sensations are no longer there. This is like remembering. Then along with those sensations, other various thoughts also start overflowing in the mind. This is the merging of prana in the mind. Then after getting lost in the dream world of such thoughts for some

time, the man realizes that he should also do some worldly work. Meaning the intellect becomes active. The mind does not get destroyed but it starts transforming into intellect or starts merging into intellect. Meaning his intellect will start working in the same way as his mind was. That is why it is said that if you keep your mind good, then only your work will be good. Children of today who watch and play video games full of horrific violence day and night, how will they be able to do good work in future. They must be taught and explained this post. With a good intellect, he maintains good worldliness for some days, and also makes good progress. Then he gets tired, and also gets bored of worldliness. Due to this his intellect starts becoming calm, due to which darkness starts increasing inside his soul. Meaning his intellect gets transformed into his ego. Then if any Kundalini Yogi wants, he can attain the soul after this. But the common man returns from here. After spending a few days comfortably and restfully in the darkness of ego, he returns to worldliness, and with the help of intellect, he again establishes his foothold. Then after making some progress, he takes the refuge of the mind again followed by harboring hundreds of desires. It means that the intellect merges with the mind. Then, under the instigation of the mind, he goes to the cinema theatre to watch a movie. He would like to watch a movie that is similar to his intellect and worldliness, because the intellect itself appeared in the form of the mind. The farther the cinema hall is from home, the more enjoyable it is, because the mind also needs time to transform into the form of life by force or prana. On the way to the cinema, he breathes very nicely, long, regularly and pleurably, because the mind's desire to watch a movie is ending as the goal is near, meaning the mind is ending, and its power is being given to the prana. Even then, the subtle thoughts of the mind remain in the prana, because the cause is never destroyed, but remains present in the form of the effect. As soon as he starts watching the movie, his breath comes to near halt, and he starts enjoying the sweet sensations in his eyes and ears. It means that his prana transforms into the senses. As long as the advertisements are running on the screen, he does not observe those scenes deeply. It means that he feels the sensations in his eyes and ears only, they do

not seem to be coming from anywhere outside. This is the state of expression of the senses. After a while, when the movie starts and he starts understanding the movie, then he feels those sensations as coming from the cinema screen. It means that his senses dissolve into tanmaatras. Later, when he gets deeply immersed in the film, the mountains, palaces etc. shown on the screen start appearing real to him. It means that the tanmatras appear in the form of the five elements. It means that the creation of his universe is complete.

Now the film ends. All the scenes end. Means the pralay or holocaust of his personal mini universe is set up. Advertisements start appearing on the screen. Now the mountains and palaces shown in those advertisements do not seem real to him, because he does not watch them carefully. He is just seeing something with his eyes and hearing with his ears. Man likes to watch them for a while. Because everyone likes to come and go from grossness to subtlety in a sequential manner. It means that the five elements have merged into tanmatras. Then after a while, man starts feeling those sensations in his senses only, not outside. Getting bored of that too and feeling tiredness in his eyes and ears, he comes out of the cinema hall. It means that the tanmatras have merged into the senses. He refreshes himself by drinking some tea. Then his breathing becomes good, deep and regular. When attention is drawn to the eyes and ears by rubbing them, the breath starts moving on its own to give them strength. However, they can only be refreshed by this, but cannot work again. Because they are repairing their damage after doing so much work. Then the extra power of the breath gets applied to the mind. It means that the senses have merged into Prana and prana into mind. Then the mind starts running here and there due to the power of Prana or breath. By chasing away the mind, the breath again becomes shallow and irregular. It means that Prana has transformed into the mind. Inspired by the hustle and bustle of that mind, he enters the shopping mall. There, while checking the quality of various things with bargaining scope, his intellect becomes active and the mind becomes lethargic. It means that the mind has transformed into the

intellect. When the darkness of ego starts increasing in his soul due to the intellect also getting tired, then he sits in the car with his family and leaves for home. It means that the intellect has transformed into the ego. In that ego, the outline of his entire day's activities gets recorded in a subtle form. Coming home, he illuminates the darkness of his soul with tantric Kundalini meditation through Kundalini Yoga. It means that the ego dissolves in the soul. Of course, if not the complete soul, then at least a part of it. The next day, even if he does not want to, he has to gradually fall down from the soul, so that he can once again live the worldly life properly. This all continues in a cyclic manner. This happens with all kinds of experiences, all kinds of activities, all kinds of worldliness, all kinds of people, all senses and all kinds of bodies. This is a general principle. Many such principles have been described in the scriptures with great subtlety and depth, to the extent that I doubt modern psychology has not been able to reach even today. The above example of a movie or television is just a small point to explain. Whatever a man does, he does it under the influence of his nature i.e. ego, although he may feel that he does it freely. This is ego, this is nature, this is subconscious mind, this is sanskar. All this is a play of words. The thing is the same. The one who has not conquered the ego, he always remains under its control. Complete freedom is attained only by the yogi.

Kundalini awakening is possible only through the subtle body of a human being

Friends, finally the discussion comes back to the subtle body. It is clear from the previous discussions that the world shrinks and reaches the ego. It means that only the ego remains in the form of the transcendental subtle body. Of course, the mundane subtle body also includes intellect, mind, prana and senses. In many places, it has been said that it is made up of only ego, intellect and mind. In many places, Panch Tanmatras and Panch Mahabhutas have also been added to it. All this is fine for the worldly subtle body, but in the transcendental subtle body, all these should not be there. It should only have ego. In many places, this ego has been considered as the causal body. Karma and sanskars are hidden in it, which determine the next birth. Suppose, the transcendental subtle body is made up of mind, intellect and ego. But how can it think and contemplate without the gross body. If it cannot, then what is the need to believe in mind and intellect in it. This is a complex subject.

Let us take a single-celled bacterium. It is the tiniest living creature, which cannot be seen with the naked eye. Let us assume that its soul or its self is a transcendental subtle body. This is because such a small physical body cannot have a perceiving brain. Even scientists have not found any clue about it yet. That bacterium does all the activities of a normal life like a creature with a developed brain like man. It walks, eats, drinks, hunts, fears, runs, mates, produces children, fights, understands friendship and enmity and maintains it, etc. The list is very long. Understand, it does all the things. In some places, it does even more than a man. This means that it has everything along with the soul, ego, intellect, mind, prana, five sense organs, five work organs, five tanmatras and five mahabhutas. But it does not feel all these. So is it necessary to feel all these to have all these? Absolutely not. Meaning that the soul itself behaves like a subtle body. Let us assume that the living soul behaves like this. That is because

the living soul is trapped in the darkness of ignorance. It has to evolve. That evolution can only happen through the body. But why does God behave like a microscopic body, He is fully evolved. The inanimate world also behaves like a living being. For example, stars are also born, grow, fight, reproduce, eat, spit, hunt, fight, run away, maintain friendship and enmity, etc. So, do inanimate objects also have a living soul? Of course they do. Sankhya philosophy also says that Prakriti is also eternal, infinite and omnipresent like Purush i.e. God. Meaning this Prakriti is also a living soul. A huge, omnipresent, global or collective living soul. It can also be called the subtle body of Brahma. Brahma also does not feel it. Still the subtle body exists and works. In a way, for the development of the soul, it is necessary to have ego, intellect, mind, prana, ten senses, five tanmatras, and five mahabhutas. Anyway, the ego itself is in the form of the soul. Because all these are necessary, that is why all these elements came together. By their coming together, a body was formed. The soul got attached to it. The soul was already present everywhere and at all times in the form of prakriti. Understand that an imaginary part of it got attached to the newly formed body. That was the first soul. That first body was of a bacterium. Then the body of the bacterium evolved and became the body of insects. Then of fish, frog, then of big animals, monkeys and finally of humans. The subtle body is the same in all. There has been no development in the subtle body. The same senses, the same prana, the same mind, the same intellect etc. This means that for the development of the soul, no other element other than the subtle body is necessary. What definitely happened was that the scope of the subtle body increased in big creatures and humans. Therefore, the development of the soul also accelerated. But the subtle body was the same primordial one. The one thing that is special in the subtle body of man, which is not present in the subtle body of any other living being, is the ability to practice Kundalini Yoga. With this, a man can raise his subtle body so high that Kundalini awakening happens.

Other books written by Premayogi Vajra and some other recommended books-

- 1) Love story of a Yogi- what Patanjali says
- 2) Kundalini demystified- what Premyogi vajra says
- 3) कुण्डलिनी विज्ञान- एक आध्यात्मिक मनोविज्ञान (पुस्तक 1, 2, और 3)
- 4) The art of self publishing and website creation
- 5) स्वयंप्रकाशन व वैबसाईट निर्माण की कला
- 6) कुण्डलिनी रहस्योद्घाटित- प्रेमयोगी वज्र क्या कहता है
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- 8) ई-रीडर पर मेरी कुण्डलिनी वैबसाईट
- 9) My kundalini website on e-reader
- 10) शरीरविज्ञान दर्शन- एक आधुनिक कुण्डलिनी तंत्र (एक योगी की प्रेमकथा)
- 11) श्रीकृष्णाज्ञाभिनन्दनम्
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- 16) मौलिक व्यक्तित्व के प्रेरक सूत्र
- 17) बघाटेश्वरी माँ शूलिनी
- 18) म्हारा बघाट
- 19) भाव सुमन: एक आधुनिक काव्यसुधा सरस
- 20) Kundalini science~a spiritual psychology (book-1,2, and3)

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